

# Garner Senior Center

## A-Z LIST OF ON-GOING ACTIVITIES

You must be registered for free general membership to attend activities at GSC.

Activities that are shaded are included in an annual fitness pass.

**Annual GSC Fitness Pass: Garner Resident: \$25/ Non-Resident \$40**

ACTIVITY	DESCRIPTION	DAYS &TIMES
<b>A Step Up (extra fee) (6-week sessions)</b>	Intermediate Soul Line Dance Class for the more experienced dancer. Instructor: Darice McDougald	Wednesday 12:15-1:15pm (GSC Gym)
<b>Active Living Fitness</b>	A 45-minute instructor led class for those with mobility and balance issues. It includes seated and standing exercises to improve balance, circulation, and strength. A fitness pass is required.	Monday 1:30pm-2:15pm (GSC Gym)
<b>Bingo</b>	Computer generated numbers, 2 cards for 1\$. Win \$10 coverall. Correct change greatly appreciated.	Wednesday 1:30-2:30pm (Dining Room)
<b>Canasta</b>	A type of Rummy game where players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand.	Wednesday 12:30-4:45pm (Game Room)
<b>Hand, Knee and Foot</b>	This game is an advanced level of Canasta that uses three decks of cards.	Friday 12:30-4:45pm (Game Room)
<b>Chair Fitness</b>	One hour of chair aerobics and strength training for all fitness levels. Video instruction is used for this class.	Monday 9:00-10:00am Wednesday 9:00-10:00am Friday 9:00-10:00am (Multipurpose Room)
<b>Color Me Calm</b>	Coloring isn't just for children. Coloring is meditative and calming. Reduces stress and anxiety. Bring your own: markers, gel pens or colored pencils.	Tuesday 9:30-11:00am (Game Room)
<b>Dominoes</b>	Learn to play Mexican Train Dominoes.	Thursday 12:00pm-4:00pm (Game Room)
<b>Fitness Room</b>	Available for use by members only. We have treadmills, exercise bikes, and a weight system. A scheduled orientation is required prior to obtaining membership. (See Front Desk)	Open during regular operational hours \$11 R/ \$ 15 NR <i>(Extra Fee)</i>  <b>Not part of the Fitness Pass.</b>
<b>Fitness Room FREE</b>	Available for use by members only. There is a vibrating machine, an Air dyne bike, an upright rowing machine and a cardio strider. All machines are donated and not commercial quality.	Open during regular operational hours. (Fitness Room)
<b>Line Dance Workshop (REGISTRATION NOW REQUIRED)</b>	To take the ongoing Line Dance classes, you need to know the basics. Each month the instructor offers these workshops as extra help for the newcomer. This is free instruction, but you now need to register in advance. Instructor: Renee Hagan	1 <sup>st</sup> Monday 9:30-10am (GSC Gym)
<b>Line Dance</b>	<b>Line Dancing isn't just country western anymore. It's modern, urban, swing, flowing waltz, nightclub rhythms and Latin flavor. It is recommended that beginners attend the Line Dance Workshops. Last ½ hour will be more advanced dances. Taught at a quicker pace. Instructor: Renee Hagan</b>	Monday 10:00-11:30am (GSC Gym)

<b>Mah Jongg</b>	We will be playing beginner, American version. American Mah Jongg is played with four players using mah jongg tiles. The objective of the game is to be the first, by drawing and discarding tiles, to match tiles to a specific hand from a National Mah Jongg League (NMJL) card.	Tuesday	12:30-4:45pm  (Game Room)
<b>Meditation</b>	Learn how to relax your mind and body. Guided meditation with volunteer: Phran Gacher.	Friday	10:00-11:00am  (Lounge)
<b>Needlework</b>	Social group that shares their knitting, crocheting, tatting, quilting and sewing projects and offers peer support to one another. Experienced and beginner needle workers are welcome.	Friday	10:00am-12:00pm  (Game Room)
<b>On The Mend</b>	Volunteer sewing, knitting, crochet group that makes projects for 5 hospitals, donating hundreds of items each month into the community. Group meets to work on projects and coordinate deliveries.	Monday Tuesday	10:00am-12:00pm 10:00am-12:00pm  (Craft Room)
<b>Painting with Acrylics</b>	Learn to paint for the first time or brush up on your skills as an accomplished artist. Supply list is available at the front desk. Room available until 1:00 pm Instructor: Marcelle Hooks	Friday	9:30am-11:30am R- \$10 NR-\$14 Per Class  (Craft Room)
<b>Pickleball (<i>Senior Pickleball Lessons</i>) 4 Week class</b>	A mini- tennis game played by 2 or 4 people on a badminton court, using a wooden/composite paddle and a light weight “wiffle ball”. Practice hitting the ball and learning the very basics of the game. Volunteer led. Due to large numbers of beginners, we have made changes to this program. <b>Registration now required and location change.</b> We will teach you for free, but if you are playing at GSC or GRC you are responsible for paying annual pass at either or each site.	Monday	10am-1pm Garner Recreation Center 215 Main Street Garner, NC Preregister: Garnerseniorcenter.com  (GRC)
<b>Pickleball</b>	Pickleball at GSC is now all one level of play with multiple times to <u>choose from</u> . Participants must know the game and how to keep score, to play at GSC. We encourage inclusive play with friendly games. Volunteer group leaders monitor rotation and games. <b>**If you want to learn the game, see <i>Senior Pickleball Lessons</i>**</b>	Tuesday Wednesday Thursday Friday	12:30-2:15pm/ 2:30- 4:45pm 1:30pm-3:00pm/3:15pm-4:45pm 11:00 am-1:00pm/ 1:15pm-3:30pm 1:00pm-3:00pm/3:15pm-4:45pm  (GSC Gym)
<b>Pinochle</b>	A card game where players score points forming combinations of cards into melds. Each hand is played in three phases: bidding, tricks, and melds.	Monday	12:30-4:45pm
<b>Scrabble</b>	Play this classic word game.	Tuesdays	12:30-4:00pm  (Game Room)
<b>Senior Circuit</b>	A great way to tone and strengthen with 8-10 exercise stations working different muscle groups with little to no rest between stations. Volunteer led.	Monday	12:00-1:00pm  (GSC Gym)

Senior Aerobics	½ hour of low impact cardio followed by strength training.	Thursday 9:30-10:30am (GSC Gym)
Simply Music	Enjoy an hour of musical expression, making music with instruments and voices. Music is traditional Americana/Folk and some 'old spirituals'. Volunteer led.	Thursday 10:00-11:00am (MP Room)
Soul Line Dance	A class of non-stop moving and grooving. Dances are broken down with easy-to-follow instructions for beginners but will keep experienced dancers coming back for more. This class is geared toward beginners. Instructor: Darice McDougal	Wednesday 11:00 am-12:00pm (GSC Gym)
Stretch & Flex	A slow paced non-aerobic workout emphasizing flexibility, core strength, balance and relaxation. Instructor: Oksana Harris	Friday 12:00-12:45pm (GSC Gym)
Table Tennis	We have three tables and all levels of play. Doubles and singles.	Wednesday 9:15-10:45am Friday 9:15-11:45am (GSC Gym)
Tai Chi 6 week sessions (Extra Fee)	Enjoy a series of 19 movements and one post that make up a meditative form of movements to which practitioners attribute physical, personal, and spiritual health benefits. Instructor: Adrienne McKenzie	Tuesday 11:00am-12:00pm (GSC Gym)
Tennis	Reserved time at Creech Road Tennis Courts for senior tennis Doubles Play.	Monday & Thursday 9:00am (Creech Road Tennis Courts)
TOPS- "Take Off Pounds Sensibly"	Non-profit international weight loss program teaches healthy lifestyle changes that encourage weight loss. Small fee involved for membership.	Friday 2:00-3:00pm (Craft Room)
Ukulele – "Silver Strummers"	A group that meets weekly for an hour to learn, play the ukulele, sing and have fun. We welcome all levels of ukulele players, from those who have never held a ukulele to those who are more experienced.	Monday 10:00am-11:00pm (Game Room)
Walking (Indoor)	If walking is your thing, 25 times around the gym makes a mile. Join many others that take advantage of our climate controlled comfortable environment.	Monday- Friday 8:00-9:00am Monday 3:00-4:00pm (GSC Gym)
Yoga - Senior	A slow paced non-aerobic workout emphasizing flexibility, core strength balance and relaxation. Please bring a mat to class.	Wednesday 4:00-4:45 pm (MP Room)
Zumba Gold	This is a lower-intensity version of the typical Zumba class and is designed to meet the anatomical, physiological and psychological needs of seniors.	Tuesday 9:30-10:15 (GSC Gym)

Updated 1/16/2024-TSB -EA Shading means: Included in the fitness pass