







**828-698-8571**

**828-692-3320**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	<b>30</b> <b>Tropics Day</b>	<b>31</b> Balance & Fitness 10:00	<b>1</b> Bingo 10:45 	<b>2</b> Balance & Fitness 10:00	<b>3</b> CHAIR YOGA 10:00	<b>4</b>
5	<b>6</b> 10:30 Elder Lawyer Kathleen Rodberg Wills & Trusts	<b>7</b> Balance & Fitness 10:00	<b>8</b> Deals Day 10:45 	<b>9</b> Balance & Fitness 10:00	<b>10</b> CHAIR YOGA 10:00	11
12 	<b>13</b> BRCC Haircuts COA Resources Marina <i>It's a Dreamy Day.....</i>	<b>14</b> Balance & Fitness 10:00	<b>15</b> Bingo 10:45 	<b>16</b> Balance & Fitness 10:00	<b>17</b> CHAIR YOGA 10:00	18
19	<b>20</b> S. College Student Visit Birthday Celebration Crafts w/ Francis	<b>21</b> Balance & Fitness 10:00 Blood Pressure Check	<b>22</b> Bingo 10:45 	<b>23</b> Balance & Fitness 10:00	<b>24</b> CHAIR YOGA 10:00	<b>25</b>
26	<b>27</b> South College Student Visit	<b>28</b> Balance & Fitness 10:00	<b>29</b> Bingo 10:45 	<b>30</b> Balance & Fitness 10:00	<b>31</b> CHAIR YOGA 10:00	

The Center Hours are Monday-Friday 9:00AM-1:00PM

Lunch is served Monday-Friday at 11:45AM