







**828-698-8571**

**828-692-3320**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 <b>CLOSED</b>	4 Balance & Fitness 10:00	5 Bingo 10:45 	6 Balance & Fitness 10:00	7 CHAIR YOGA 10:00	8
9	10 HAIR CUTS 10:30 Health Dept Listening Session COA Resources	11 Balance & Fitness 10:00	12 Deals Day 10:45 	13 Balance & Fitness 10:00	14 CHAIR YOGA 10:00	15
16 	17 10:30 The Laurels -Bob  COA Resources	18 Balance & Fitness 10:00 Blood Pressure Check	19 Bingo 10:45 	20 Balance & Fitness 10:00 <b>Aging In Place Blue Ridge Community Col.</b>	21 CHAIR YOGA 10:00	22
23	24 Birthday Celebration Habits of Happy People –Christina Humana	25 Balance & Fitness 10:00	26 Bingo 10:45 	27 Balance & Fitness 10:00	28 CHAIR YOGA 10:00	29
30	1	2 Balance & Fitness 10:00	3 Bingo 10:45 	4 Balance & Fitness 10:00	5 CHAIR YOGA 10:00	6

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

Lunch is served Monday-Friday at 11:45AM