

828-698-8571

828-692-3320

*MONDAY
EDUCATION*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 New Years EVE COA RESOURCES CLOSING AT 1:00	1 CLOSED <i>NEW YEARS DAY</i>	2 10:45 	3 10:00 Balance & Fitness	4 10:00 <i>CHAIR YOGA</i>
10:45 Prescription Safety	7 COA Resources 1-4 MahJong Craft Social	8 10:00 Balance & Fitness	9 10:45 Deals Day 	10 10:00 Balance & Fitness	11 10:00 <i>CHAIR YOGA</i>
10:45 Vaya Health Presentation	14 <i>Birthday Celebrations</i> 1-4 MahJong Craft Social	15 10:00 Balance & Fitness Blood Pressure Check	16 10:45 Veterans/ Widow Benefits Mr. Murdock 	17 10:00 Balance & Fitness	18 10:00 <i>CHAIR YOGA</i>
	21 CLOSED Martin Luther King Day	22 10:00 Balance & Fitness	23 Bingo 	24 10:00 Balance & Fitness	25 10:00 <i>CHAIR YOGA</i>
10:45 Sammy Planning	28 COA Resources 1-4 MahJong Craft Social	29 10:00 Balance & Fitness	30 10:45 Bingo 	31 10:00 Balance & Fitness 10:45 <i>Lin Stogner</i> GOSPEL SONGS	1 10:00 <i>CHAIR YOGA</i>

The Center Hours are Monday 9:00-4:00 and Tuesday-Friday 9:00AM-1:00PM

Lunch is served Monday-Friday at 11:30AM