

828-698-8571

828-692-3320

*MONDAY
EDUCATION*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 Crafts w/ Francis	4 COA Resources 1-4 MahJong Craft Social	5 10:00 Balance & Fitness	6 10:45 Bingo 	7 10:00 Balance & Fitness	8 10:00 CHAIR YOGA
Hair Cuts at Blue Ridge College	11 COA Resources 1-4 MahJong Craft Social	12 10:00 Balance & Fitness	13 10:45 Deals Day 	14 10:00 Balance & Fitness ValentinesDay 	15 10:00 CHAIR YOGA
10:45 Lin Stogner Love Songs	18 <i>Birthday Celebrations</i> 1-4 MahJong Craft Social/Card	19 10:00 Balance & Fitness Blood Pressure Check	20 10:45 Bingo 	21 10:00 Balance & Fitness	22 10:00 CHAIR YOGA
	25 COA Resources 1-4 MahJong Craft Social/card	26 10:00 Balance & Fitness	27 10:45 Bingo 	28 10:00 Balance & Fitness	1 10:00 CHAIR YOGA
 MARCH	4 COA Resources 1-4 MahJong Craft Social/card	5 10:00 Balance & Fitness	6 10:45 Bingo 	7 10:00 Balance & Fitness	8 10:00 CHAIR YOGA

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

Lunch is served Monday-Friday at 11:30AM