












828-698-8571



828-692-3320

**MONDAY
EDUCATION**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Crafts w/ Francis South College Students here 	4 1-4 Mah Jong, Craft or Social	5 MardiGras  10:00 Balance	6 10:45 Bingo 	7 10:00 Balance & Fitness	8 COA RESOURCES 10:00 CHAIR YOGA
South College Students here 	11 Hair cuts@College 1-4 Mah Jong, Craft or Social	12 10:00 Balance & Fitness	13 10:45 Deals Day 	14 10:45 Celtic Celebration 10:00 Balance & Fitness	15 COA RESOURCES 10:00 CHAIR YOGA
10:45 Lin Stogner Silly Songs 	18 <i>Birthday Celebrations</i> 1-4 Mah Jong, Craft or Social	19 10:00 Balance & Fitness 10:45 Accordion Gospel Music Blood Pressure Check	20 10:45 Bingo 	21 10:00 Balance & Fitness	22 COA RESOURCES 10:00 CHAIR YOGA
10:45 Presentation: Meet me Where I Am 	25 1-4 Mah Jong, Craft or Social	26 10:00 Balance & Fitness	27 10:45 Bingo 	28 10:00 Balance & Fitness	29 COA RESOURCES 10:00 CHAIR YOGA
	1 1-4 Mah Jong, Craft or Social	2 10:00 Balance & Fitness	3 10:45 Bingo 	4 10:00 Balance & Fitness	5 COA RESOURCES 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