

## H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SHIP COUNSELING WEDNESDAYS FROM 1:00–3:00PM (MEDICARE RELATED PROBLEMS) PLEASE CALL FOR AN APPOINTMENT!</b>	1 KNITTING 9:00-11:00 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00  VETERANS' MEETING 3:00-4:00  EVENING LINE DANCE CLASS 6:00-7:30	2 FIRST PLACE (HL) 8:30-9:30  SENIOR EXPO 9:00-2:00  SENIORS IN MOTION CANCELLED!  DEPRESSION SUPPORT GROUP 10:30  LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00 DUPLICATE BRIDGE 1:30-4:30	3 HEALTHY LIFESTYLE CLASS 8:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith) DUPLICATE BRIDGE 1:30-4:30	4 HL EXERCISE CLASS 9:00-9:30 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00
7 HL EXERCISE CLASS 9:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) DOCUMENT SHREDDING 9:30AM – 10:30AM CERAMICS 9:30-11:30 SENIOR CHORUS 10:30-11:30 SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)	8 KNITTING 9:00-11:00  LEGAL AID By Appointment Only  COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00  KNIFE SHARPENING 10:30-11:30  SEWING CLASS 11:00-12:00  URINARY TRACT HEALTH PROGRAM BY HEALTHY AT HOME 11:00  EVENING LINE DANCE CLASS 6:00-7:30	9 FIRST PLACE (HL) 8:30-9:30 SENIORS IN MOTION 10:30-11:30  DUTCH LUNCH BUTCH 11:00 CHEROKEE STREET TAVERN  LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00	10 HEALTHY LIFESTYLE CLASS 8:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30  MOTHER'S DAY BINGO PARTY 10:00-11:30  BINGO 10:45-11:30 QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith)	11 HL EXERCISE CLASS 9:00-9:30 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30  AARP DRIVER SAFETY CLASS 9:00-1:00  SENIORS IN MOTION 10:30-11:30  GOLDEN NINETIES LUNCHEON (SHELBY) 11:30 (LEAVE AT 10:30)  WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA)
14 HL EXERCISE CLASS 9:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30  SENIOR CHORUS TO SING IN RUTHERFORDTON LEAVE AT 9:00AM  SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)	15 LIFELINE SCREENINGS 8:00-5:00 COMMODITIES REGISTRATION 9:00-11:00 KNITTING 9:00-11:00 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00  INSPIRATIONAL WORDS 11:00  VOLUNTEER MEETING 12:15  EVENING LINE DANCE CLASS 6:00-7:30	16 FIRST PLACE (HL) 8:30-9:30  COMMODITIES REGISTRATION 9:00-11:00  SENIORS IN MOTION 10:30-11:30  BLOOD PRESSURE CLINIC SPONSORED BY GENTIVA 10:00—11:30  EAST SCHOOL BIRTHDAY PARTY 10:30  LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00 DUPLICATE BRIDGE 1:30-4:30	17 HEALTHY LIFESTYLE CLASS 8:00-9:30  COMMODITIES REGISTRATION 9:00-11:00  COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith) DUPLICATE BRIDGE 1:30-4:30	18 HL EXERCISE CLASS 9:00-9:30  AARP CAR FIT 9:00-1:00  MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30  MEDICARE FRAUD & ABUSE Diane Trainor, Senior Medicare Patrol 10:00  SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA)
21 HL EXERCISE CLASS 9:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30 SENIOR CHORUS CANCELLED SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)	22 KNITTING 9:00-11:00 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00  MONTHLY BIRTHDAY PARTY SPONSORED BY FOOD LION 10:45-11:30  EVENING LINE DANCE CLASS 6:00-7:30	23 FIRST PLACE (HL) 8:30-9:30 SENIORS IN MOTION 10:30-11:30 LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00	24 HEALTHY LIFESTYLE CLASS 8:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 POPCORN QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith)	25 HL EXERCISE CLASS 9:00-9:30 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA) Last Day To Sign-Up For Indoor Yard Sale Tables!
<b>SENIOR CENTER AND NUTRITION SITE CLOSED FOR MEMORIAL DAY HOLIDAY!</b>	28 KNITTING 9:00-11:00 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00 EVENING LINE DANCE CLASS 6:00-7:30	29 FIRST PLACE (HL) 8:30-9:30 SENIORS IN MOTION 10:30-11:30 LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00	30 HEALTHY LIFESTYLE CLASS 8:00-9:30 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 POPCORN QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith)	<b>OLDER AMERICAN'S MONTH "NEVER TO OLD TO PLAY"</b>

## H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF JUNE 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="color: green; font-weight: bold;">SHIP COUNSELING WEDNESDAYS FROM 1:00–3:00PM (MEDICARE RELATED PROBLEMS) PLEASE CALL FOR AN APPOINTMENT!</p>	<p style="color: green; font-weight: bold;">TRANSPORTATION SERVICES FOR MEDICAL AND NUTRITION MONDAY-FRIDAY 9:00AM –1:00PM</p> <p style="color: green; font-weight: bold;">NUTRITION BY COA MONDAY-FRIDAY 11:00AM PROGRAM 11:30AM MEAL</p>			<p>HL EXERCISE CLASS 9:00-9:30 1 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00</p>
<p>HL EXERCISE CLASS 9:00-9:30 4 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30 <del>SENIOR CHORUS CANCELLED</del> SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)</p>	<p>KNITTING 9:00-11:00 5</p> <p style="text-align: center; color: green; font-weight: bold;">LEGAL AID By Appointment Only</p> <p>COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00</p> <p style="text-align: center; color: green; font-weight: bold;">VETERANS' MEETING 3:00-4:00</p> <p>EVENING LINE DANCE CLASS 6:00-7:30</p>	<p>FIRST PLACE (HL) 8:30-9:30 6 SENIORS IN MOTION 10:30-11:30</p> <p style="text-align: center; color: green; font-weight: bold;">DEPRESSION SUPPORT GROUP 10:30</p> <p>LOW-IMPACT AEROBICS 1:00-2:00</p> <p style="text-align: center; color: green; font-weight: bold;">NEW JEWELRY MAKING CLASS 1:00-2:00</p> <p>SCRAPBOOK COMMITTEE 1:00 DUPLICATE BRIDGE 1:30-4:30</p>	<p>HEALTHY LIFESTYLE CLASS 8:00-9:30 7 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith) DUPLICATE BRIDGE 1:30-4:30</p>	<p style="color: green; font-weight: bold;">INDOOR YARD SALE 8:00-2:00 8</p> <p>HL EXERCISE CLASS 9:00-9:30 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA)</p>
<p>HL EXERCISE CLASS 9:00-9:30 11 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30 <del>SENIOR CHORUS CANCELLED</del> <del>SENIORS IN MOTION CANCELLED</del> (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)</p>	<p style="color: green; font-weight: bold;">LIFELINE SCREENINGS 8:00-5:00 12</p> <p>KNITTING 9:00-11:00 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00</p> <p style="text-align: center; color: green; font-weight: bold;">FALL PREVENTION BY HEALTHY AT HOME 11:00</p> <p style="text-align: center; color: green; font-weight: bold;">COMMODITIES DISTRIBUTION 1:00 -2:30</p> <p>EVENING LINE DANCE CLASS 6:00-7:30</p>	<p>FIRST PLACE (HL) 8:30-9:30 13 PERSONAL CARE SERVICES (Manicures &amp; Pedicures) By Appointment Only</p> <p>SENIORS IN MOTION 10:30-11:30</p> <p style="text-align: center; color: green; font-weight: bold;">DUTCH LUNCH BUTCH 11:00 DEPOT CAFÉ IN LATTIMORE</p> <p>LOW-IMPACT AEROBICS 1:00-2:00 JEWELRY MAKING CLASS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00</p>	<p>HEALTHY LIFESTYLE CLASS 8:00-9:30 14 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30</p> <p style="text-align: center; color: green; font-weight: bold;">FATHER'S DAY BINGO PARTY 10:00-11:30</p> <p>QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith)</p>	<p>HL EXERCISE CLASS 9:00-9:30 15 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA)</p>
<p>HL EXERCISE CLASS 9:00-9:30 18 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30 <del>SENIOR CHORUS CANCELLED</del> SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)</p>	<p>KNITTING 9:00-11:00 19 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00</p> <p style="text-align: center; color: green; font-weight: bold;">INSPIRATIONAL WORDS 11:00</p> <p style="text-align: center; color: green; font-weight: bold;">VOLUNTEER MEETING 12:15</p> <p>EVENING LINE DANCE CLASS 6:00-7:30</p>	<p>FIRST PLACE (HL) 8:30-9:30 20 BLOOD PRESSURE CLINIC SPONSORED BY GENTIVA 10:00—11:30</p> <p>SENIORS IN MOTION 10:30-11:30 LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00 JEWELRY MAKING CLASS 1:00-2:00 DUPLICATE BRIDGE 1:30-4:30</p>	<p>HEALTHY LIFESTYLE CLASS 8:00-9:30 21 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith) DUPLICATE BRIDGE 1:30-4:30</p>	<p>HL EXERCISE CLASS 9:00-9:30 22 MEN'S COFFEE 9:00-10:30 WOMEN'S TEA 9:00-10:30 RED CROSS BLOOD DRIVE 10:00AM– 2:00PM SENIORS IN MOTION 10:30-11:30 WII BOWLING LEAGUE 12:00 ZUMBA GOLD EXERCISE 1:00-2:00 (Instructors From the YMCA)</p>
<p>HL EXERCISE CLASS 9:00-9:30 25 COMPUTER CLASS 9:00-2:00 (Urban League) CERAMICS 9:30-11:30 <del>SENIOR CHORUS CANCELLED</del> SENIORS IN MOTION 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 LOW-IMPACT AEROBICS 1:00-2:00 (Instructors From Shapes by Jodi)</p>	<p>KNITTING 9:00-11:00 26 COMPUTER CLASS 9:00-2:00 (Urban League) BIBLE HISTORY 10:00-11:00 SEWING CLASS 11:00-12:00</p> <p style="text-align: center; color: green; font-weight: bold;">MONTHLY BIRTHDAY PARTY SPONSORED BY FOOD LION 10:45-11:30</p> <p>EVENING LINE DANCE CLASS 6:00-7:30</p>	<p>FIRST PLACE (HL) 8:30-9:30 27 PERSONAL CARE SERVICES (Manicures &amp; Pedicures) By Appointment Only</p> <p>SENIORS IN MOTION 10:30-11:30 LOW-IMPACT AEROBICS 1:00-2:00 SCRAPBOOK COMMITTEE 1:00 JEWELRY MAKING CLASS 1:00-2:00</p>	<p>HEALTHY LIFESTYLE CLASS 8:00-9:30 28 COMPUTER CLASS 9:00-2:00 (Urban League) INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:45-11:30 POPCORN QUILTING 1:00-3:00 YOGA 1:30-2:30 (Instructor Marlene Smith)</p>	<p style="text-align: right;">29</p>