





H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 <p style="text-align: center;">SENIOR GAMES</p>	1 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center;">VETERANS' MEETING 3:00-4:00</p> <p style="text-align: center;">LIBERTY TAX ASSISTANCE (BY APPOINTMENT ONLY) 1:00-4:00</p> <p style="text-align: center;">SENIOR GAMES</p>	2 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 <p style="text-align: center;">DAY BY DAY 10:00-11:00</p> JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00 <p style="text-align: center;">SENIOR GAMES</p>	3 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 <p style="text-align: center;">LIBERTY TAX ASSISTANCE (BY APPOINTMENT ONLY) 1:00-4:00</p> <p style="text-align: center;">SENIOR GAMES</p>	4 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 <p style="text-align: center;">SENIOR GAMES</p>
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 <p style="text-align: center;">SIP N PAINT CLASS \$ 10:00-12:00</p> SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 <p style="text-align: center;">VOLUNTEER APRECIATION WEEK 11:00AM EACH DAY IN THE DINING ROOM</p>	8 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center;">LIBERTY TAX ASSISTANCE (BY APPOINTMENT ONLY) 1:00-4:00</p>	9 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 <p style="text-align: center;">PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only</p> JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 <p style="text-align: center;">DUTCH LUNCH \$ RED LOBSTER GASTONIA 11:00</p> CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00	10 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 <p style="text-align: center;">ICE CREAM PARTY FOR THE VOLUNTEERS 10:00AM IN THE DINING ROOM</p> <p style="text-align: center;">GROCERY SHOPPING 12:00-2:00</p> <p style="text-align: center;">LIBERTY TAX ASSISTANCE (BY APPOINTMENT ONLY) 1:00-4:00</p>	11 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00
<p style="text-align: center;">DOCUMENT SHREDDING 9:00AM – 2:00PM</p> COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	15 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center;">NATIONAL HEALTHCARE DECISIONS DAY PRESENTATION 10:00-11:00</p> <p style="text-align: center;">VOLUNTEER MEETING 12:15</p>	16 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 JEWELRY CLASS I 10:00-11:00 <p style="text-align: center;">BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00-11:30</p> <p style="text-align: center;">EAST ELEMENTARY SCHOOL BIRTHDAYS 10:30AM</p> SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	17 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 <p style="text-align: center;">EASTER CELEBRATION 10:00-10:30</p> BINGO 10:30-11:15	18 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00
<p style="text-align: center;">SENIOR CENTER AND NUTRITION SITE CLOSED FOR EASTER HOLIDAY</p> 	22 KNITTING 8:30-10:30 <p style="text-align: center;">MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30</p> BIBLE HISTORY 10:00-11:00 <p style="text-align: center;">ADVISORY BOARD MEETING 12:00</p> <p style="text-align: center;">COMPUTER CLASS 2:00-4:00</p>	23 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 <p style="text-align: center;">PERSONAL CARE SERVICES (TOENAIL CLIPPINGS) By Appointment Only</p> JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 <p style="text-align: center;">CAROLINA SHRED TRUCK</p>	24 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 <p style="text-align: center;">GROCERY SHOPPING 12:00-2:00</p> <p style="text-align: center;">SILVER ARTS FOLLIES AT THE NEAL CENTER IN SHELBY 2:00-5:30</p>	25 COFFEE & CONVERSATION 8:30-10:00 <p style="text-align: center;">RED CROSS BLOOD DRIVE 10:00AM – 2:30PM</p> CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 KARAOKE 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	29 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center;">TRIP TO DANIEL STOWE BOTANICAL GARDENS \$ 9:00-1:30</p> <p style="text-align: center;">COMPUTER CLASS 2:00-4:00</p> <p style="text-align: center;">MEDICARE 101 SEMINAR 5:30PM-7:30PM</p>	30	<p style="text-align: center;">SHIIP COUNSELING By Appointment Only</p> <p style="text-align: center;">Call us about your Medicare problems!</p> <p style="text-align: center;">We will be glad to assist you!</p>	



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H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>S.H.I.P. COUNSELING BY APPOINTMENT ONLY! We are here to help you with any of your Medicare questions.</p>		<p>1 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 DAY BY DAY 10:00-11:00 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00</p>	<p>2 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15</p>	<p>3 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00</p>
<p>6 COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 PAINT CLASS WITH SUE BRABHAM IN CRAFT ROOM \$ 10:00-12:00 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>7 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00 COMPUTER CLASS 2:00-4:00 VETERANS' MEETING 3:00-4:00</p>	<p>8 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 YOUNIQUE SKINCARE AND/OR MAKEOVER By Appointment Only 10:00-2:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 DUTCH LUNCH \$ LOGAN'S ROADHOUSE GASTONIA 11:00 JEWELRY CLASS II 1:00-2:00</p>	<p>9 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 MOTHER'S DAY CELEBRATION 10:00-10:30 SHEER VANITY HAIRCUTS 9:00-12:00 (BY APPOINTMENT ONLY) BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00</p>	<p>10 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00</p>
<p>13 COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>14 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00 COMPUTER CLASS 2:00-4:00</p>	<p>15 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 JEWELRY CLASS 10:00-11:00 BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00—11:30 EAST ELEMENTARY SCHOOL BIRTHDAYS 10:30AM SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 LOSS IN THE 4 DIMENSIONS 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00</p>	<p>16 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15</p>	<p>17 COFFEE & CONVERSATION 8:30-10:00 HEALTH CARE FAIR 9:30-11:30 CHORUS 10:00-11:00 SENIORS IN MOTION CANCELED FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00 SPRING DANCE 7:30-9:30</p>
<p>20 COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>21 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 VOLUNTEER MEETING 12:15 COMPUTER CLASS 2:00-4:00</p>	<p>22 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only LIFE HEARING SOLUTIONS PRESENTATION BY DR MANDY RAISCH 10:00-11:00 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00</p>	<p>23 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 GROCERY SHOPPING 12:00-2:00</p>	<p>24 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00</p>
<p>27 SENIOR CENTER AND NUTRITION SITE CLOSED FOR MEMORIAL DAY  Remember - our fallen heros. They are the reason that we are free.</p>	<p>28 KNITTING 8:30-10:30 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30 BIBLE HISTORY 10:00-11:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00 COMPUTER CLASS 2:00-4:00</p>	<p>29 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00</p>	<p>30 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15</p>	<p>31 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 KARAOKE 12:00 MATTER OF BALANCE WITH NANCY ABASIEKONG AND TABITHA THOMAS 1:00-3:00</p>

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H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SHIP COUNSELING By Appointment Only Call us about your Medicare problems! We will be glad to assist you!</p>			
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	3 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center; color: green;">COMPUTER CLASS 2:00-4:00 VETERANS' MEETING 3:00-4:00</p>	4 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 <p style="text-align: center; color: green;">DAY BY DAY 10:00-11:00</p> JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	5 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15	6 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	10 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center; color: green;">COMPUTER CLASS 2:00-4:00</p>	11 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 JEWELRY CLASS I 10:00-11:00 <p style="text-align: center; color: green;">PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only</p> SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 <p style="text-align: center; color: green;">DUTCH LUNCH \$ DAVE & BUSTERS CONCORD MILLS 8:30</p> JEWELRY CLASS II 1:00-2:00	12 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 <p style="text-align: center; color: green;">FATHER'S DAY CELEBRATION 10:00-10:30</p> BINGO 10:30-11:15 <p style="text-align: center; color: green;">GROCERY SHOPPING 12:00-2:00</p>	13 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 <p style="text-align: center; color: green;">FLAG DAY</p>
<p style="text-align: center; color: green;">WILL CLINIC 9:00-3:00 (By Appointment Only)</p> COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	17 KNITTING 8:30-10:30 BIBLE HISTORY 10:00-11:00 <p style="text-align: center; color: green;">VOLUNTEER MEETING 12:15</p> <p style="text-align: center; color: green;">NUTS AND BOLTS OF CAREGIVING BY LEE ANN LONG, MSN, RN, CHPN 5:30-6:30</p>	18 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 JEWELRY CLASS I 10:00-11:00 <p style="text-align: center; color: green;">BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00—11:30</p> SENIORS IN MOTION \$ 10:30-11:30 CHAIR YOGA \$ 11:30-12:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	19 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 <p style="text-align: center; color: green;">EVENING "SIP N PAINT" \$ 5:30-7:30</p>	20 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS \$ 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	24 KNITTING 8:30-10:30 <p style="text-align: center; color: green;">MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30</p> BIBLE HISTORY 10:00-11:00	25 FAITH AND FITNESS 8:30-10:00 BEGINNER LINE DANCE 9:00-10:00 <p style="text-align: center; color: green;">PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only</p> JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FREE CHAIR YOGA DEMO 11:30-12:30 JEWELRY CLASS II 1:00-2:00	26 HEALTHY LIFESTYLE CLASS 8:00-9:30 HEALTHY LIFESTYLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO 10:30-11:15 <p style="text-align: center; color: green;">GROCERY SHOPPING 12:00-2:00</p>	27 COFFEE & CONVERSATION CANCEL CHORUS 10:00-11:00 SENIORS IN MOTION \$ CANCELED FRIDAY LUNCH \$ CANCELED WII BOWLING LEAGUE CANCELED KARAOKE CANCELED <p style="text-align: center; color: green;">4TH OF JULY COOKOUT \$ 10:00-12:00</p>

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