


April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Quilting Bees 9am 1</p> <p>Bible Study 9am</p> <p>(Ray Branch)</p> <p>Arthritis Class 10am</p> <p>Trivia w/Sharlynn</p> <p>Senior Songfest Noon</p> <p>Bunco 1pm</p> <p>(Don't forget your item for Rescue Dog!)</p>	<p>2</p> <p>Staff Meeting 1:30pm</p> <p>CLOSED</p> <p>Veterans' Café 11am</p>	<p>Arthritis Class 10am 3</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Line Dancing 1pm</p> <p><i>Special Music</i> w/Randy Dandurand!</p> <p> w/Edward Jones</p>	<p>Silver Sneakers 10am 4</p> <p>Cardio Drumming Fitness 10:50-11:30am \$5</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p> <p>"Sing it Out Loud" Day w/Jim Compton</p>
<p>Chair Yoga 9:15-9:45am 7</p> <p>Silver Sneakers 10am</p> <p>Chicks w/Sticks 10am</p> <p>Bridge Club</p> <p>Kindness Crew Noon</p> <p>Line Dancing 1pm</p>	<p>Quilting Bees 9am 8</p> <p>Bible Study 9am</p> <p>(Steven Spencer)</p> <p>Arthritis Class 10am </p> <p>Senior Songfest Noon w/Ballad Health</p> <p>Love Your Heart Day w/Ballad Health & Dr. Hartsoe 11am – 1pm</p>	<p>Chair Yoga 9:15-9:45am 9</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring & activities</p> <p>JCHS Greenhouse Trip 12:30pm</p> <p>Board Meeting 12:30pm</p>	<p>Arthritis Class 10am 10</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Line Dancing 1pm</p> <p>Elizabethton Walmart, Valley Forge Auction, and Pizza Inn Trip \$5</p> <p>Newcomers Club 6pm</p>	<p>Silver Sneakers 10am 11</p> <p>Cardio Drumming Fitness 10:50-11:30am \$5</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p> <p><i>Special Music</i> w/Steve Dunfee!</p> <p> w/the Senior Center & Food Lion</p> <p>Legal Aid w/Matt Sharp 11am</p>
<p>Chair Yoga 9:15-9:45am 14</p> <p>Silver Sneakers 10am</p> <p>Chicks w/Sticks 10am</p> <p>Bridge Club</p> <p>Kindness Crew Noon</p> <p>Line Dancing 1pm</p> <p>Beta Theta Club 6pm</p>	<p>Quilting Bees 9am 15</p> <p>Bible Study 9am</p> <p>(Rick Thomason)</p> <p>Arthritis Class 10am Chicago Meet & Greet 6pm</p> <p>Senior Songfest Noon</p> <p>Bunco 1pm</p> <p>(Don't forget your item for Rescue Dog!)</p> <p>Margo w/Blind Services 10:30am-12:30pm</p> <p>Quilters' Project with 4-H 3:30-4:30pm</p>	<p>Chair Yoga 9:15-9:45am 16</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring & activities</p> <p>J.U.S.T. U.S. Group 12:30pm</p> <p>Alzheimer's Caregivers Group 2:30pm</p> <p>Lancaster, PA Trip Balance Due (trip scheduled June 2-4)</p>	<p>Arthritis Class 10am 17</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games </p> <p>Line Dancing 1pm w/Robin & Mm. City Care Center</p> <p>Easter Party! 11am-12:30pm</p> <p>Black Out Prizes sponsored by Paul Brian</p> <p><i>Special music with the Playwrights & Estrella's bringing Eggrolls for everyone!</i></p>	<p>CLOSED</p> <p>Good Friday</p>
<p>CLOSED</p> <p>Positive Thinkers' Meeting 6pm</p> <p>Easter Monday</p> <p>21</p>	<p>Quilting Bees 9am 22</p> <p>Bible Study 9am</p> <p>(Tony Potter)</p> <p>Arthritis Class 10am</p> <p>Trivia w/Sharlynn</p> <p>Senior Songfest Noon</p> <p> Book Club meeting at NOON </p>	<p>Chair Yoga 9:15-9:45am 23</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring & activities</p> <p> w/Gentiva Hospice</p>	<p>Arthritis Class 10am 24</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Improv Club 12:30pm</p> <p>Line Dancing 1pm</p> <p>Special Storytelling Day: "What was your first job & how did you get it?"</p>	<p>Silver Sneakers 10am 25</p> <p>Cardio Drumming Fitness 10:30-11:30am \$5</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p> <p>Loveable Ladies' Trip to West Jefferson: Ashe County Cheese, Fresco paintings & lunch. FREE TRANSPORTATION.</p>
<p>CLOSED</p> <p>28</p>	<p>CLOSED</p> <p>29</p> <p>Aging Conference (4/29) for staff & volunteers</p>	<p>CLOSED</p> <p>30</p>	<p>REMINDER: Our Exercise Room and Billiards Tables are open Monday through Friday 9am to 4pm.</p>	<p>Blood Pressure checks 10am-noon M-W,F.</p> <p>Glucose checks available Wednesday & Friday.</p> <p><small>*Checks performed by licensed nurses.</small></p>

CLOSED for new floor installation (4/28-5/2) →

Chicago Trip April 28th through May 3rd