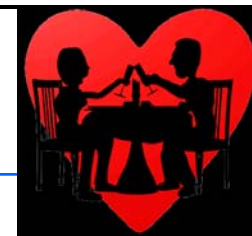





ASHE SENIOR CENTER ACTIVITIES CALENDAR

180 CHATTYROB LANE,
WEST JEFFERSON, NC 28694



February 2012 Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">Ashe Senior Center Tuesday, February 14, 2012</p> <p style="text-align: center;">10:00- 11:30</p> <p style="text-align: center;">Light Refreshments Provided</p> <p style="text-align: center;">Enjoy Bingo with Prizes</p> <p style="text-align: center;">Please sign up at Senior Center Desk or by Contacting: 336-246-4347</p>	<p style="text-align: center;">1</p> <p>8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 10:00 SHIIP Training 9:30-3:00 Best Value Hearing 10:00 Exercise Class with Janet 12:00 Cards: Hand N Foot 1:00 Quilt Class: New Quilting Girls 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:15 Zumba Fitness</p>	<p style="text-align: center;">2</p> <p>8-5:00 Medicare Part D, Supplements & LIS Assistance By Appointment 9-4:00 AARP Tax Aide by Appointment 9-12:00 Quilting Class: W/Doris 12:30-4:00 Quilt Guild CR 2 1-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p style="text-align: center;">3</p> <p>8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise: Arthritis Exercise Club 11:00 Singing: Red Hill Ramblers 12:45 Senior Center News on WSKS 1-3:00 Mah Jongg Card Game 5:15 Zumba Fitness</p>
<p>6 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9-12:00 Art: Painting 10:00 Exercise Class with Janet 11:30 Singing: Wilda & Friends 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>7 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-4:00 AARP Tax Aide by Appointment 10:00-11:30 Bible Study 1:00 Scrabble (CR 1) 2-5:00 Cards: Couples Canasta</p>	<p>8 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9:30-3:00 Best Value Hearing 10:00 Exercise Class with Janet 12:00 Cards: Hand N Foot 1:00 Quilt Class: New Quilting Girls 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:15 Zumba Fitness</p>	<p>9 8-5:00 Medicare Part D, Supplements & LIS Assistance By Appointment 9-4:00 AARP Tax Aide by Appointment 10:30 Bereavement Support Group 9-12:00 Quilting Class: W/Doris 11:30 Singing with Ray Brown 1:00 Quilt Guild MPR 1-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p>10 8-5:00 Medicare Part D, Supplements & LIS Assistance 10:00 Exercise: Arthritis Exercise Club 12:45 Senior Center News on WSKS 1-3:00 Mah Jongg Card Game 5:15 Zumba Fitness</p>

Calendar Continued on Back

February 2012—CONTINUED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9-12:00 Art: Painting (CR1) 10:00 Exercise Class with Janet 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>14 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-4:00 AARP Tax Aide by Appointment 10:00-11:30 Bible Study 10:00-11:30 Valentine's Day Party with food, drinks, bingo 10:30 NC Deaf and Hard of Hearing 1:00 Scrabble 1-4:00 Ashe County Piece Makers CR1 1:30 NC Deaf and Hard of Hearing 2-5:00 Cards: Couples Canasta</p> <p style="text-align: center;"><i>Happy Valentine's Day</i></p>	<p>15 8-5:00 Medicare Part D, Supplements & LIS Assistance 9:00-3:00 Best Value Hearing 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 10:00am Exercise Class 11:30am Nutrition Update 12:00 Cards: Hand N Foot 1:00pm Quilting: New Quilting Girls 1-3:00pm Computer Skills: Basic Skills w/Peer Coach 5:15 Zumba Fitness</p>	<p>16 8-5:00 Medicare Part D, Supplements & LIS Assistance By Appointment 9-4:00 AARP Tax Aide by Appointment 9 am Angie Reagan: Veterans Services Officer 9-12:00 Quilting Class: W/Doris 10-11:00 Arthritis Foundation 1:00 Quilt Guild (MPR) Snow Day if Needed 1-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p>17 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-1:00 Quilting Class with Jane (CR1) 10:00 Exercise: Arthritis Exercise Club 11:30 Mary Caryl Elmore (MRP) Presents on Headaches 12:30 Quilt Guild Boutique Workshop 12:45 Senior Center News on WKSK 1-3:00 Mah Jongg Card Game 5:15 Zumba Fitness</p>
<p>20 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 9:00am Senior Center Advisory Board Meeting 10-12pm Advanced Computers (WCC) 9-12:00 Art: Painting 10:00 Exercise Class with Janet 11:30 Singing: Wilda & Friends 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>21 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-4:00 AARP Tax Aide by Appointment 10:00-11:30 Bible Study 9:30 Movie Day 10-11:00 Arthritis Foundation 1:00 Scrabble 2-5:00 Cards: Couples Canasta</p>	<p>22 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9:00-3:00 Best Value Hearing 10:00 Exercise Class 12:00 Cards: Hand N Foot 1:00 Quilting: New Quilting Girls 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:15 Zumba Fitness</p>	<p>23 8-5:00 Medicare Part D, Supplements & LIS Assistance By Appointment 9-4:00 AARP Tax Aide by Appointment 9 am Angie Reagan: Veterans Services Officer 9-12:00 Quilting Class: W/Doris 10-11:00 Arthritis Foundation 11:30 Singing with Ray Brown 1-3:00 Computer Skills: Basic Skills w/Peer Coach</p>	<p>24 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-1:00 Quilting Class with Jane (CR1) 10:00 Exercise: Arthritis Exercise Club 11-12 SHIIP Presentation Medicare Fraud, Abuse, and ID Scams 12:45 Senior Center News on WKSK 1-3:00 Mah Jongg Card Game 5:15 Zumba Fitness</p>
<p>27 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9-12:00 Art: Painting 10:00 Exercise Class with Janet 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:30 Weight Watchers (MPR)</p>	<p>28 8-5:00 Medicare Part D, Supplements & LIS Assistance 9-4:00 AARP Tax Aide by Appointment 10:00-11:30 Bible Study 10-11:00 Arthritis Foundation 1:00 Scrabble 2-5:00 Cards: Couples Canasta</p>	<p>29 8-5:00 Medicare Part D, Supplements & LIS Assistance 8-10am Basic Computer Class (WCC) 10-12pm Advanced Computers (WCC) 9:00-3:00 Best Value Hearing 10:00 Exercise Class 12:00 Cards: Hand N Foot 1:00 Quilting: New Quilting Girls 1-3:00 Computer Skills: Basic Skills w/Peer Coach 5:15 Zumba Fitness</p>	<p><u>Classes</u> 10-11:30 Bingo Game; Walk-ins 8-5 12:30-2:30 Basic Skills Class 7 am—9 pm Walking Trail 8:30-12:30 Rook Games; Walk-ins 8-5 Legal Aid of North Carolina Senior Hot Line -1-877-579-7562 Note: Time and Dates Subject To Change</p>	<p>MONTHLY DAILY ACTIVITIES 8-5 Medicare Part D, Supplements & LIS Assistance 8-5 Exercise Room Open; 8-12 Instructor Available 8-5 Billiards; 9-10 M/T/W With Ray 8-5 Wii Fitness Game 8-5 Blood Pressure Checks; 9-12 By Appointment 8-5 Public Access Computer Lab <p style="text-align: right;">Except M/W 9-11</p> </p>