



# ASHE SENIOR CENTER ACTIVITIES CALENDAR

180 CHATTYROB LANE,  
WEST JEFFERSON, NC 28694



## January 2012 Center of Excellence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9-12:00</b> Art: Painting  <b>10:00</b> Exercise Class with Janet  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:00</b> Weight Watchers (MPR)</p>	<p><b>3</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:30-11:00</b> Bible Study  <b>1:00</b> Scrabble (CR 1)  <b>2-5:00</b> Cards: Couples Canasta</p>	<p><b>4</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9:30-3:00</b> Best Value Hearing  <b>10:00</b> Exercise Class with Janet  <b>12:00</b> Cards: Hand N Foot  <b>1:00</b> Quilt Class: New Quilting Girls  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:15</b> Zumba Fitness</p>	<p><b>5</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance By Appointment  <b>9-12:00</b> Quilting Class: W/Doris  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach</p>	<p><b>6</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>10:00</b> Exercise: Arthritis Exercise Club  <b>11:00</b> Singing: Red Hill Ramblers  <b>12:45</b> Senior Center News on WSKS  <b>1-3:00</b> Mah Jongg Card Game  <b>5:15</b> Zumba Fitness</p>
<p><b>9</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9-12:00</b> Art: Painting  <b>10:00</b> Exercise Class with Janet  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:00</b> Weight Watchers (MPR)</p>	<p><b>10</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:30-11:00</b> Bible Study  <b>10:30-12:00</b> NC Deaf and Hard of Hearing  <b>1:00</b> Scrabble (CR 1)  <b>1:00-2:30</b> NC Deaf and Hard of Hearing  <b>2-5:00</b> Cards: Couples Canasta</p>	<p><b>11</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9:30-3:00</b> Best Value Hearing  <b>10:00</b> Exercise Class with Janet  <b>10:00</b> Quilt Guild Meeting (MRP)  <b>12:00</b> Cards: Hand N Foot  <b>1:00</b> Quilt Class: New Quilting Girls  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:15</b> Zumba Fitness</p>	<p><b>12</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance By Appointment  <b>10:30</b> Bereavement Support Group  <b>11:30</b> Singing with Ray Brown  <b>9-12:00</b> Quilting Class: W/Doris  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach</p>	<p><b>13</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>10:00</b> Exercise: Arthritis Exercise Club  <b>12:45</b> Senior Center News on WSKS  <b>1-3:00</b> Mah Jongg Card Game  <b>5:15</b> Zumba Fitness</p>

Calendar Continued on Back

# January 2012—CONTINUED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>16</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9-12:00</b> Art: Painting (CR1)  <b>10:00</b> Exercise Class with Janet  <b>11:30</b> Singing: Wilda &amp; Friends  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:00</b> Weight Watchers (MPR)</p>	<p><b>17</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:30-11:00</b> Bible Study  <b>10:00</b> Movie Day Rooster Cogburn  <b>1:00</b> Scrabble  <b>2-5:00</b> Cards: Couples Canasta</p>	<p><b>18</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:00-3:00</b> Best Value Hearing  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>10:00am</b> Exercise Class  <b>11:30am</b> Nutrition Update  <b>12:00</b> Cards: Hand N Foot  <b>1:00pm</b> Quilting: New Quilting Girls  <b>1-3:00pm</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:15</b> Zumba Fitness</p>	<p><b>19</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance By Appointment  <b>9 am</b> Angie Reagan: Veterans Services Officer  <b>9-12:00</b> Quilting Class: W/Doris  <b>1:00</b> Quilt Guild (MPR) Snow Day if Needed  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach</p>	<p><b>20</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9-1:00</b> Quilting Class with Jane (CR1)  <b>10:00</b> Exercise: Arthritis Exercise Club  <b>11:30</b> Mary Caryl Elmore (MRP)  <b>12:45</b> Senior Center News on WSKS  <b>1-3:00</b> Mah Jongg Card Game  <b>5:15</b> Zumba Fitness</p>
<p><b>23</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9-12:00</b> Art: Painting  <b>10:00</b> Exercise Class with Janet  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:00</b> Weight Watchers (MPR)</p>	<p><b>24</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:30-11:00</b> Bible Study  <b>1:00</b> Scrabble  <b>2-5:00</b> Cards: Couples Canasta</p>	<p><b>25</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9:00-3:00</b> Best Value Hearing  <b>10:00</b> Exercise Class  <b>12:00</b> Cards: Hand N Foot  <b>1:00</b> Quilting: New Quilting Girls  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:15</b> Zumba Fitness</p>	<p><b>26</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance By Appointment  <b>9 am</b> Angie Reagan: Veterans Services Officer  <b>9-12:00</b> Quilting Class: W/Doris  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach</p>	<p><b>27</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9-1:00</b> Quilting Class with Jane (CR1)  <b>10:00</b> Exercise: Arthritis Exercise Club  <b>11:30</b> Singing with Ray Brown  <b>12:45</b> Senior Center News on WSKS  <b>1-3:00</b> Mah Jongg Card Game  <b>5:15</b> Zumba Fitness</p>
<p><b>30</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>8-10am</b> Basic Computer Class (WCC)  <b>10-12pm</b> Advanced Computers (WCC)  <b>9-12:00</b> Art: Painting  <b>10:00</b> Exercise Class with Janet  <b>1-3:00</b> Computer Skills: Basic Skills w/Peer Coach  <b>5:00</b> Weight Watchers (MPR)</p>	<p><b>31</b>  <b>8-5:00</b> Medicare Part D, Supplements &amp; LIS Assistance  <b>9:30-11:00</b> Bible Study  <b>1:00</b> Scrabble  <b>2-5:00</b> Cards: Couples Canasta</p>		<p><u>Classes</u>  <b>10-11:30</b> Bingo Game;  <b>Walk-ins 8-5</b>  <b>12:30-2:30</b> Basic Skills Class  <b>7 am—9 pm</b> Walking Trail  <b>8:30-12:30</b> Rook Games;  <b>Walk-ins 8-5</b>  <b>Legal Aid of North Carolina Senior Hot Line -1-877-579-7562</b>  <b>Note: Time and Dates Subject To Change</b></p>	<p><b>MONTHLY DAILY ACTIVITIES</b>  <b>8-5 Medicare Part D, Supplements &amp; LIS Assistance</b>  <b>8-5 Exercise Room Open;</b>  <b>8-12 Instructor Available</b>  <b>8-5 Billiards; 9-10 M/T/W With Ray</b>  <b>8-5 Wii Fitness Game</b>  <b>8-5 Blood Pressure Checks;</b>  <b>9-12 By Appointment</b>  <b>8-5 Public Access Computer Lab</b>  <p style="text-align: right;"><b>Except M/W 9-11</b></p> </p>