



Senior Programs

WEEKLY ACTIVITIES:

Weekly, ongoing activities are typically 'drop-in' (no sign up required) and free.

Aerobic Exercise Class. Two aerobic classes of different intensity are offered 3 times per week. Both incorporate light weights and stretching for a great overall workout! **Instructor permission required to attend 8am class.** Instructor Nancy Poole. Free. Upstairs MWF 8 & 9 am.

Bingo. Everyone welcome! Fun & prizes. Free. Upstairs THURS 11 - 11:45 am.

Canasta. Drop in card game. New players are always welcomed. Downstairs WED 1 pm

Chair Yoga. A gentle yoga focused on breathing and stretching. No mat work. Beginners welcome. Instructor Deb Vingle. Free. Upstairs FRI 11 - 11:45 am.

Crochet & Knit & Other Yarn work. Bring your project to work on—all levels welcome! Great way to learn or improve your skills. Downstairs TUE 1 pm.

Duplicate Bridge. Bridge helps keep the mind sharp, allows you to meet new people and have fun! If you have not played in years or want to learn new players are needed. Downstairs TUE Evenings 6 pm. Call for info.

Hand & Foot. Fun and easy card game. Beginners welcome. Downstairs MON/FRI 1 pm.

Mahjong. An ancient, challenging, and fun game. Downstairs THUR 1 pm.

Mindful Movement. Release stress and tension while improving overall well-being through mindful movement and breath awareness. Instructor Liz Foster. Downstairs WED 10 am

Mexican Train Dominos. Fun & easy to Learn. No math skills required! Will teach. Downstairs THUR 1 pm.

Pinocle. Popular and challenging card game. New groups are forming of both experienced and beginner players. Downstairs TUE 1 pm.

Pool Table. Available when no other activity planned.

Skip-Bo. Fun card game. Easy to learn. All welcome. Upstairs WED 10 am

Singing Group. Love to sing? Come join in! No experience required. Drop in. Upstairs MON 10:15 am.

Sit and Be Fit. Chair-based fitness class for core strength, stretching and increased overall strength using weights and resistance bands. Instructor Nancy Poole. Free. Upstairs TUE 11- 11:45.

Spanish Conversation Table. Practice your Spanish conversation skills. Bring your lunch or, if you're 60+, you can make a reservation with the lunch site for \$1.50. Drop in. No experience required. Upstairs TUE 12 noon.

Square Dancing. This is a square dancing group that is designed for all levels. Please come and meet new people, get some light exercise for your body and brain and have fun! Group caller Bill Restal. Upstairs TUE 1 pm. Free.

Tai Chi: Elder Form. Perfectly suited for older bodies. Develop grace, balance, poise and a sense of well-being. Free. Downstairs THUR 9 am.

MONTHLY OR SEASONAL ACTIVITIES:

Van Clans: Monthly 'Out to Lunch' trips and Daytrips to regional attractions and area restaurants. Reservations required, limited seating, \$5 transportation fee. Additional cost for tickets, tours, and lunch as applicable. Schedules for the year are available in March. Outings begin in April and end with the Holiday lunch outing in Dec.

Walk with Ease. A evidenced based class proven to help arthritis and joint pain sufferers get out and walk with confidence again, easing existing issues and possibly avoiding new ones. New classes are scheduled periodically during the year. Graduates are welcome to continue meeting downstairs for walking. This 6 week program meets 3 days per week.

Wildflower Walks. Explore local wildflowers on easy walks with Jim Poling. Second Thursdays, 9 - 11. Begins **AGAIN April 2020**. Seasonal schedule is posted on the bulletin board outside Lakeview. Meets at Lakeview and carpools to walk location.

Swannanoa Valley Birding Walk. Jim Poling will be your guide as you identify and learn about the different birds in our area. Meets at Owen Park. Third Saturday of each month. 9am. Schedules are posted on bulletin board outside Lakeview Center. Time may change seasonally.

Crafts sponsored by Givens Highland Farms. Each month is a different, fun craft project. Supplies provided. Free. Upstairs, LAST THURS OF EACH MONTH 10:15 - 11 am. Check calendar for dates during holiday season.

Linus Quilters Club. Volunteers meet each month to create quilts for children in need. All welcome. Fabric is available. No experience necessary. Drop-in. Downstairs 4TH FRI OF EACH MONTH 1 pm. Schedule may change with holidays.

Snack & Learn. Come learn the latest information regarding health & wellness, safety, and other items of interest. Snacks & coffee available. Not just for Seniors but anyone who may benefit from information and resources from local professionals. Check calendar for scheduled events. Upstairs MON 11 - 11:45.

Birthday Celebrations. Cake or cupcakes are provided in celebration of the monthly birthdays. Upstairs LAST FRI OF EACH MONTH during daily lunch.

Thanksgiving Pot Luck. Annual observance held prior to Thanksgiving. Turkey, dressing, gravy, and drinks are provided. Participants bring sides and desserts. Sign up requested. Date is announced in Oct. Upstairs 11:30 - 1:30 Free.

Holiday Pot Luck. Annual observance often includes local musicians. Ham and drinks are provided. Participants bring sides and desserts. Sign up requested. Dec date varies each year. Upstairs 11:30 - 1:30. Free.

Senior Pic Nic. New Spring event held in the pavilion. Sign up requested. Lunch provided. Date in May varies. Pavilion 11- 12:30.