SENIOR RESOURCE CENTER CLASSES AND ACTIVITIES

The following activities are held at the Senior Resource Center. Classes are indicated by the day and time of the week. Please contact the instructor listed for class fee information and supplies needed.

MONDAY

8-4:30	**BILLIARDS & TABLE TENNIS** Mark Sinclair, YMCA 251-9622 ext. 229
8:00	**MEN'S EXERCISE** Fran Tabor, 262-2687 ftabor6@gmail.com
8:30	**GERI-FIT** Mary Konicki, 793-1625 angels4plus1@yahoo.com
9:00	**CERAMICS** Judy Olsen, 515-8511 mommahal@hotmail.com
9:15	**YOGA** Giles MacMillan, 777-4392 gilesmacmillan94566@yahoo.com
9:30	**GRADS (**RSVP Community Service Project) Valerie Smith, 798-6406 vsmith@nhcgov.com
9:00	**BLOOD PRESSURE CHECKS** *(4th Monday of the month)* Interim Health Care
10:00	**BLUE RIBBON WRITERS***(4th Monday of the month)* Chris Brown 233-0325 christinabrwn68@gmail.com
10:00	**CHECKERS & Spades, Hearts, & Cut Throat card games,** 10-11:30am & 12-4:30pm *Check with SRC Ambassadors as to room assignment/location…it varies.*
10:00	**SCRABBLE** Retha Crawford, 431-1832 or Evelyn Smith, 799-6081 (Table Game Room)
10:30	**LINE DANCE** Peggy Gore, 392-0220
10:30	**GOLDEN TAPPERS** Judy Kelley, 328-3671 traintap@charter.net
12:00	**OPEN OIL PAINTING GROUP** Pete Paterson, 799-8888 manpa8888@aol.com
12:45	**MONDAY AFTERNOON DUPLICATE BRIDGE IN TGR** (Limited to 24 players)
1:30	**STRENGTH & CONDITION & Aerobics** Fran Tabor, 262-2687 ftabor6@gmail.com
1:30	**FAMILY CAREGIVER SUPPORT GROUP** *(3rd Monday of the month)* Gayle Ginsberg, 798-6402 gginsberg@nhcgov.com

TUESDAY

8:00-4:30	**BILLIARDS & TABLE TENNIS** Mark Sinclair, YMCA. 910-251-9622 ext. 229
8:00	**GERI-FIT** Gayla MacMillan, 328-0053 daffo7@yahoo.com
9:00-12:15	**PINOCHLE & CANASTA** in TGR, Sign-up required (TGR is Shared) Jeanie Cheek, 254-1351
9:00	**AEROBIC DANCE** Jean Burker, 262-0953 burkerb@bellsouth.net
10:00	**ART SUPPORT GROUP** *(2nd Tuesday of the month)* Contact Becky Hayes, 798-6435 or bhayesnhcgov.com to register
10:00	**BINGO** *(small knick-knack prizes only)* Margaret Bryant, 798-6420 In the Friendship Café
10:00	**CHECKERS& Spades, Hearts, & Cut Throat card games**, 10-11:30am & 12-2:30pm
10:00	**TAI CHI – BEGINNING/INT.** Marty Gregory, 547-5235 (18 max) taichiquita@bellsouth.net
10:00	**CAPE FEAR RUG HOOKERS** Judy Quintman, 619-4531 jquintman@ec.rr.com
10-1:00	**BLOOD PRESSURE SELF MONITORING** Dalia Nir, YMCA 251-9622 ext 246
10:30	**WISE WOMEN-**Women's Support Group *(3rd Tuesday of the month)* Ann Foltrauer, 515-6214 afoltrauer@ec.rr.com
11:15	**TAI CHI-NEW BEGINNERS** Marty Gregory, 547-5235 taichiquita@bellsouth.net
12:30	**TAI CHI-INTERMEDIATE/ADVANCED** Marty Gregory, 547-5235 taichiquita@bellsouth.net
1:00	**INTERMEDIATE CONTRACT RUBBER PARTY BRIDGE** in TGR. (Players limited to 24) Carole Rogers, 367-6739 Carole_Rogers@charter.net
1:30	**WILMINGTON PARKINSON'S & LEWY BODY DEMENTIA SUPPORT** *(4th Tuesday of the month)* Deb Shulse, 612-2917 dshulse1952@gmail.com
1:45	**TAI CHI FOR ARTHRITIS** Marty Gregory, 547-5235 taichiquita@bellsouth.net
4:00	**TAI CHI FOR ARTHRITIS** Marty Gregory, 547-5235 taichiquita@bellsouth.net
7:00-10:00	**OVER 50'S DANCE** *(2nd Tuesday of the month)* Tim Gugan, 371-5368 tgugan@bellsouth.net www.overfiftiesdanceclub.org ($8.00 per person, plus finger food or drink) Lesson begins at 7:30, with dance beginning at 7:50, and ending at 10pm

WEDNESDAY

8:00-4:30 **BILLIARDS & TABLE TENNIS** Mark Sinclair, YMCA, 910-251-9622 ext 229
8:00 **MEN'S EXERCISE** Fran Tabor, 395-5002 ftabor6@gmail.com
9:00 **AEROBICS** Annette Crumpton, 617-2011 awcrumpton@gmail.com
9:00 **DROP IN PARTY BRIDGE** (Pre-Registration) Betsy Bird, 313-0513 Betsyarru@gmail.com
9:00 **CERAMICS** Judy Olsen, 515-8511 mommahal@hotmail.com
10:00 **DANCE (*Exercise*)** Sharon Dixon, 386-7110 sdixon0623@hotmail.com
10:00 **DISCUSSION GROUP** *(2nd Wednesday of the month)* Chris Brown, 233-0325
10:00 **WWII REMEMBERED** *(3rd Wednesday of the month in MPR)* John Nelson, 399-7020
10:00 **CHECKERS & Spades, Hearts, & Cut Throat card games** (10-11:30am & 12-2:30pm)
11:00 **TRAVEL MEETING** *(1st Wednesday of the month)* Kitty Richardson, 791-0554 kittywilm@ec.rr.com
11:00 **LINE DANCE** Sharon Dixon, 386-7110 sdixon0623@hotmail.com
12:00 **OPEN OIL PAINTING** Pete Paterson, 799-8888 manpa8888@aol.com
12:00 **GERI-FIT** (This class is currently at capacity) Mary Konicki, 793-1625 angels4plus1@yahoo.com
1:00 **BRIDGE** Emily Mathews, 395-5345 Emily4home@ec.rr.com (In Dining Room)
2:30 **TAP DANCE-PRACTICE SESSION** (Sept-May) Sandi Baity, 458-9206 palmtree407@me.com
4:00 **OPEN BALLROOM DANCE** Chuck Cooper, 392-1161 (Call to confirm) cdancingman@aol.com
4:00 **Wilmington Essential Tremor Awareness Group/WETAG** *(1st Wednesday of the month)* Carol Anderson, President, WETAG 232-3568 seaynotes@aol.com

THURSDAY

8:00-4:30 **BILLIARDS & TABLE TENNIS** Mark Sinclair, YMCA, 910-251-9622 ext 229
9:00-4:30 **PINOCHLE** in TGR (Limited to 24 players) Jeanie Cheek, 254-1351
9:30 **CRAFTS and QUILTING** Bring your own materials & supplies. Crafts-Valerie Smith 798-6406 vsmith@nhcgov.com, Quilting-Mary 791-5997 or email speckles94@hotmail.com
10:00 **BALLET** Jean Burker, 262-0953 burkerb@bellsouth.net
10:00 **BINGO** *(small token knick-knack prizes only)* Margaret Bryant, 798-6420
10:00 **BLIND & VISUALLY IMPAIRED (BVI) SUPPORT** *(1st Thursday of month)* Confirm meeting dates/locations with Jennifer DeLong-White, 251-5743 ext. 208 jennifer.delongwhite@dhhs.nc.gov
10:00 **CHECKERS & Spades, Hearts, & Cut Throat card games** (10-11:30am & 12-2:30pm)
10:00 **DECORATIVE/TOLE PAINTING-ADVANCED** Mary Singleton, 791-9513
11:00 **GOTTA DANCE TAPPERS** Carol Loeser, 395-2727 rcloeser108@gmail.com
12:15 **MIDDLE EASTERN DANCE** Claire Malczyn, 410-897-2754 quilteddancer@gmail.com
1:00-4:30 **CANASTA in TGR** Ramona Barr, 791-3846
1:30 **STRENGTH & CONDITION** Fran Tabor, 262-2687 ftabor6@gmail.com (18 Max)
4:30 **YOGA** Giles MacMillan, 777-4392 gilesmacmillan94566@yahoo.com
5:45 **GERI-FIT** Shantel Davis, 798-6409 srdavis@nhcgov.com
6:00 **TAI CHI FOR ARTHRITIS** Marty Gregory, 547-5235 taichiquita@bellsouth.net
6:15 **YMCA'S DIABETES PREVENTION PGM** Marjorie Lanier, YMCA 251-9622 ext 261
7:00 **76ER'S SQUARE DANCE** Gary Durbin, 264-5686 76ers.squaredance@gmail.com or Dan Bennett, 686-6898 danzilla1701@yahoo.com

FRIDAY

8:00-4:30 **BILLIARDS & TABLE TENNIS** Mark Sinclair, YMCA, 910-251-9622 ext 229
8:00 **MEN'S EXERCISE** Fran Tabor, 395-5002 ftabor6@gmail.com
9:00-11:00 **COMPUTER TRAINING CENTER for SENIORS (CTCfS)**
Check out our BLOG for the latest classes: lab2222.blogspot.com or 798-6430
9:00 **AEROBICS** Robin Manning, 791-1880 rmanning@ec.rr.com
10:00 **Wii GAMES for SENIORS** Shantel R. Davis, 798-6409 srdavis@nhcgov.com
10:00 **CHECKERS** (10-11:30am & 12-2:30pm)
10:00 **LINE DANCE** Peggy Gore, 392-0220
10:00 **HIGH STEPPERS TAP** Annette Crumpton, 617-2011 awcrumpton@gmail.com
12:00 **GERI-FIT** Mary Konicki, 793-1625 angels4plus1@yahoo.com
1:00 **WILMINGTON PROSTATE CANCER EXECUTIVE BOARD OF DIRECTORS**- *(2nd Friday of the month)* George Gardner, President-792-9953 ggar104641@aol.com