

# 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\***
- 8:00 **MEN'S EXERCISE** Currently FULL, call for info Fran Tabor, 262-2687 [ftabor6@gmail.com](mailto:ftabor6@gmail.com)
- 8:30 **GERI-FIT\*** (Limited to age 60 and older) Mary Konicki, 793-1625 [angels4plus1@yahoo.com](mailto:angels4plus1@yahoo.com)
- 9:00 **CERAMICS\*** Judy Olsen, 515-8511 [mommahal@hotmail.com](mailto:mommahal@hotmail.com)
- 9:15 **YOGA** Giles MacMillan, 777-4392 [gilesmacmillan94566@yahoo.com](mailto:gilesmacmillan94566@yahoo.com)
- 9:30 **GRADS** (RSVP Community Service Project) Valerie Smith, 798-6406 [vsmith@nhcgov.com](mailto: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](mailto: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](mailto:traintap@charter.net)
- 12:00 **OPEN OIL PAINTING GROUP\*** Pete Paterson, 799-8888 [manpa8888@aol.com](mailto: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](mailto:ftabor6@gmail.com)
- 1:30 **FAMILY CAREGIVER SUPPORT GROUP** (3rd Monday of the month)  
Andrew Zeldin, 798-6445 [azeldin@nhcgov.com](mailto:azeldin@nhcgov.com)

\*Denotes classes with NO fee

## **TUESDAY**

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***
- 8:00 **GERI-FIT\*** (Limited to age 60 and older) Gayla MacMillan, 328-0053 [daffo7@yahoo.com](mailto: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 Burkner, 262-0953 [burkerb@bellsouth.net](mailto:burkerb@bellsouth.net)
- 10:00 **ART SUPPORT GROUP** (2nd Tuesday of the month) Contact Becky Hayes, 798-6435 or  
[bhayesnhcgov.com](mailto: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 – INTERMEDIATE** Marty Gregory, 547-5235 (18 max) [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)
- 10:00 **CAPE FEAR RUG HOOKERS** Judy Quintman, 619-4531 [jquintman@ec.rr.com](mailto:jquintman@ec.rr.com)
- 10:30 **WISE WOMEN-Women's Support Group** (3rd Tuesday of the month)  
Ann Foltrauer, 515-6214 [afoltrauer@ec.rr.com](mailto:afoltrauer@ec.rr.com)
- 11:15 **TAI CHI-BEGINNERS** Marty Gregory, 547-5235 [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)
- 12:30 **TAI CHI-ADVANCED** Marty Gregory, 547-5235 [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)
- 1:00 **INTERMEDIATE CONTRACT RUBBER PARTY BRIDGE** in TGR\* (Players limited to 24)  
Carole Rogers, 367-6739 [Carole\\_Rogers@charter.net](mailto: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](mailto:dshulse1952@gmail.com)
- 1:45 **TAI CHI FOR ARTHRITIS\*** (Limited to age 60 and older) Marty Gregory, 547-5235 [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)
- 4:00 **TAI CHI FOR ARTHRITIS\*** (Limited to age 60 and older) Marty Gregory, 547-5235 [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)
- 7:00-10:00 **OVER 50'S DANCE** (2nd Tuesday of the month) Tim Gugan, 371-5368 [tgugan@bellsouth.net](mailto:tgugan@bellsouth.net)  
[www.overfiftiesdanceclub.org](http://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

\*Denotes classes with NO fee

## WEDNESDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 **MEN'S EXERCISE** Currently FULL, call for info Fran Tabor, 395-5002 [ftabor6@gmail.com](mailto:ftabor6@gmail.com)  
9:00 **AEROBICS** Annette Crumpton, 617-2011 [awcrumpton@gmail.com](mailto:awcrumpton@gmail.com)  
9:00 **DROP IN PARTY BRIDGE\*** (Pre-Registration) Betsy Bird, 313-0513 [Betsyarru@gmail.com](mailto:Betsyarru@gmail.com)  
9:00 **CERAMICS\*** Judy Olsen, 515-8511 [mommahal@hotmail.com](mailto:mommahal@hotmail.com)  
10:00 **DANCE (Exercise)** Sharon Dixon, 386-7110 [sdixon0623@hotmail.com](mailto:sdixon0623@hotmail.com)  
10:00 **DISCUSSION GROUP** (2nd Wednesday of the month) Chris Brown, 233-0325  
10:00 **WWII REMEMBERED** (4th 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](mailto:kittywilm@ec.rr.com)  
11:00 **LINE DANCE** Sharon Dixon, 386-7110 [sdixon0623@hotmail.com](mailto:sdixon0623@hotmail.com)  
12:00 **OPEN OIL PAINTING\*** Pete Paterson, 799-8888 [manpa8888@aol.com](mailto:manpa8888@aol.com)  
12:00 **GERI-FIT\*** This class is FULL (Limited to age 60 and older) Mary Konicki, 793-1625 [angels4plus1@yahoo.com](mailto:angels4plus1@yahoo.com)  
12:30-4:00 **CANASTA\*** Barbara Perry, 799-8072  
1:00 **BRIDGE\*** Emily Mathews, 395-5345 [Emily4home@ec.rr.com](mailto:Emily4home@ec.rr.com) (In Dining Room)  
2:30 **TAP DANCE-PRACTICE SESSION** (Sept-May) Sandi Baity, 458-9206 [palmtree407@me.com](mailto:palmtree407@me.com)  
4:00 **OPEN BALLROOM DANCE\*** Chuck Cooper, 392-1161 (Call to confirm) [cdancingman@aol.com](mailto:cdancingman@aol.com)

*\*Denotes classes with NO fee*

## THURSDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
9:00-4:30 **PINOCHLE\*** in TGR (Limited to 24 players) Jeanie Cheek, 254-1351  
9:30 **CRAFTS, PLARN, and QUILTING\*** Bring your own materials & supplies. Crafts-Valerie Smith 798-6406 [vsmith@nhcgov.com](mailto:vsmith@nhcgov.com), Quilting-Mary 791-5997 or email [speckles94@hotmail.com](mailto:speckles94@hotmail.com)  
10:00 **BALLET** Jean Burker, 262-0953 [burkerb@bellsouth.net](mailto: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](mailto: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 [rloeser108@gmail.com](mailto:rloeser108@gmail.com)  
12:15 **MIDDLE EASTERN DANCE\*** Claire Malczyn, 410-897-2754 [quilteddancer@gmail.com](mailto: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](mailto:ftabor6@gmail.com) (18 Max)  
4:30 **YOGA** Giles MacMillan, 777-4392 [gilesmacmillan94566@yahoo.com](mailto:gilesmacmillan94566@yahoo.com)  
5:45 **GERI-FIT\*** (Limited to age 60 and older) Shantel Davis, 798-6409 [srdavis@nhcgov.com](mailto:srdavis@nhcgov.com)  
6:00 **TAI CHI FOR ARTHRITIS\*** (Limited to age 60 and older) Marty Gregory, 547-5235 [taichiquita@bellsouth.net](mailto:taichiquita@bellsouth.net)  
6:15 **YMCA'S DIABETES PREVENTION PGM-Call for dates** Marjorie Lanier, YMCA 251-9622 ext 261  
7:00 **76ER'S SQUARE DANCE** Gary Durbin, 264-5686 [76ers.squaredance@gmail.com](mailto:76ers.squaredance@gmail.com) or Dan Bennett, 686-6898 [danzilla1701@yahoo.com](mailto:danzilla1701@yahoo.com)

*\*Denotes classes with NO fee*

## FRIDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 **MEN'S EXERCISE** Currently FULL, call for info Fran Tabor, 395-5002 [ftabor6@gmail.com](mailto:ftabor6@gmail.com)  
9:00-11:00 **COMPUTER TRAINING CENTER for SENIORS (CTCfs)**  
Check out our BLOG for the latest classes: [lab2222.blogspot.com](http://lab2222.blogspot.com) or 798-6430  
9:00 **AEROBICS** Robin Manning, 791-1880 [rmanning@ec.rr.com](mailto:rmanning@ec.rr.com)  
10:00 **DIABETES EDUCATION AND SUPPORT** (1st Friday of the month) Susan Mintz, 798-6508  
10:00 **Wii GAMES for SENIORS\*** Shantel R. Davis, 798-6409 [srdavis@nhcgov.com](mailto: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](mailto:awcrumpton@gmail.com)  
12:00 **GERI-FIT\*** (Limited to age 60 and older) Mary Konicki, 793-1625 [angels4plus1@yahoo.com](mailto: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](mailto:ggar104641@aol.com)

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