

## 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) Allie Hernandez, 798-6406
- 9:00 **BLOOD PRESSURE CHECKS** (4th Monday of the month) Interim Health Care
- 9:30 **BLUE RIBBON WRITERS\*** (4th Monday of the month) Chris Miller 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)
- 10:00 **LINE DANCE (Intermediate Level)** Sharon Dixon, 386-7110 [sdix1210@gmail.com](mailto:sdix1210@gmail.com)
- 10:30 **GOLDEN TAPPERS** Judy Kelley, 328-3671 [traintap@charter.net](mailto:traintap@charter.net)
- 10:30 **COOKING DEMONSTRATION** (4th Monday of the month) Ellen Connor, 798-6412 [ec Connor@nhcgov.com](mailto:ec Connor@nhcgov.com)
- 12:00 **OPEN OIL PAINTING GROUP\*** Pete Paterson, 799-8888 [manpa8888@aol.com](mailto:manpa8888@aol.com)
- 12:00 **TAP FOR BEGINNERS** Judy Kelley 798-6409
- 12:45 **DUPLICATE BRIDGE IN TGR\*** (Limited to 24 players) Paul Olhoeft 686-5554 [paulandrosemary@yahoo.com](mailto:paulandrosemary@yahoo.com)
- 1:30 **STRENGTH & CONDITION & Aerobics** Robin Manning, 512-8270 [robinmanning342@yahoo.com](mailto:robinmanning342@yahoo.com)
- 1:30 **FAMILY CAREGIVER SUPPORT GROUP** (3rd Monday of the month) Bart Canny, 798-6402

*\*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 [birdfeeder1@yahoo.com](mailto:birdfeeder1@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 **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 **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)
- 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)
- 1:00 **ART SUPPORT GROUP** (2nd Tuesday of the month) Contact Becky Hayes, 798-6435 or  
[rhayesnhcgov.com](mailto:rhayesnhcgov.com) to register
- 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)
- 1:30 **MENTAL HEALTH SUPPORT GROUP** (4th Tuesday) Bart Canny, 798-6402
- 1:45 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011 (begins 3/27)
- 6:00 **MEET AND MINGLE SENIORS GROUP** (2ND Tuesday) Valorie Hatten, 798-6485
- 7:00-10:00 **OVER 50'S DANCE** (2nd Tuesday of the month) Tim Gugan, 620-8427 [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, 262-2687 [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)  
9:30 **DISCUSSION GROUP** (2nd Wednesday of the month) Chris Miller, 233-0325  
10:00 **DANCE (Exercise)** Sharon Dixon, 386-7110 [sdix1210@gmail.com](mailto:sdix1210@gmail.com)  
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)  
11:15 **BRAIN TRAIN** Jill Davenport, 512-5976 [jilldavenport7@icloud.com](mailto:jilldavenport7@icloud.com)  
12:00 **OPEN OIL PAINTING\*** Pete Paterson, 799-8888 [manpa8888@aol.com](mailto:manpa8888@aol.com)  
12:15 **GERI-FIT\*** (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  
2:30 **TAP DANCE-PRACTICE SESSION** (Sept-May) Sandi Baity, 458-9206 [palmtree407@me.com](mailto:palmtree407@me.com)  
3:30 **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 – Allie Hernandez 798-6406, 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 **CHECKERS\* & Spades, Hearts, & Cut Throat card games\*** (10-11:30am & 12-2:30pm)  
10:00 **DECORATIVE/TOLE PAINTING-ADVANCED** Mary Singleton, 791-9513  
10:00 **BASIC BEGINNER LINE DANCE** Evelyn Bradley, 791-6236 or [evelynbradley1@yahoo.com](mailto:evelynbradley1@yahoo.com)  
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 **BEGINNER GUITAR\* (Craftroom 2)**  
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)  
7:00 **76ER'S SQUARE DANCE** Jeff Johnson 910-686-1953 or Steve Arthur 434-944-1826, [76ers.squaredance@gmail.com](mailto:76ers.squaredance@gmail.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, 262-2687 [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, 512-8270 [robinmanning342@yahoo.com](mailto:robinmanning342@yahoo.com)  
10:00 **DIABETES EDUCATION AND SUPPORT** (1st Friday of the month) Ellen Connor, 798-6412  
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 **HIGH STEPPERS TAP** Annette Crumpton, 617-2011 [awcrumpton@gmail.com](mailto:awcrumpton@gmail.com)  
11:30 **DANCE (EXERCISE)**, Sharon Dixon, 386-7110 [sdix1210@gmail.com](mailto:sdix1210@gmail.com)  
12:15 **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)  
**\*Denotes classes with NO fee**