

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
- 8:30 **GERI-FIT*** (Limited to age 60 and older) Mary Konicki, 793-1625 angels4plus1@yahoo.com
- 9:00 **CERAMICS*** Judy Olsen, 515-8511 juliaolsenjo41@gmail.com
- 9:15 **YOGA** Giles MacMillan, 777-4392 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) Chris Miller 233-0325, christinabrwn68@gmail.com
- 10:00 **CHECKERS* & other 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
- 10:30 **GOLDEN TAPPERS** Judy Kelley, 328-3671 traintap@charter.net
- 10:30 **COOKING DEMONSTRATION*** Ellen Connor, 798-6412 (4th Monday)
- 11:00 **NUTRITION DISCUSSION*** Ellen Connor, 798-6412
- 12:00 **OPEN OIL PAINTING GROUP*** Pete Paterson, 799-8888 manpa8888@aol.com
- 12:00 **TAP FOR BEGINNERS** Judy Kelley, 328-3671 traintap@charter.net
- 12:45 **DUPLICATE BRIDGE IN TGR*** (Limited to 24 players) Paul Olhoeft 686-5554 paulandrosemary@yahoo.com
- 1:30 **STRENGTH & CONDITION & Aerobics** Robin Manning, 512-8270 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, 910-340-2672, birdfeeder1@yahoo.com
- 9:00 **TAI CHI for ARTHRITIS*** -age 60+ (space limited) Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
- 9:00-12:15 **PINOCHLE* & CANASTA*** in TGR, Sign-up required (TGR is Shared) Jeanie Cheek, 254-1351
- 10:00 **BINGO** (small knick-knack prizes only) Margaret Bryant, 798-6420 In the Friendship Café
- 10:00 **CHECKERS* & other card games***, 10-11:30am & 12-4:30pm
- 10:00 **TAI CHI for ARTHRITIS*-age 60+** (space limited) Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
- 10:00 **CAPE FEAR RUG HOOKERS** Judy Quintman, 619-4531 jquintman@ec.rr.com
- 10:30 **WISE WOMEN-Women's Support Group** (3rd Tue.) Ann Foltrauer, 515-6214 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
- 1:00 **ART SUPPORT GROUP** (2nd Tue.) Becky Hayes, 798-6435 or rhayesnhegov.com to register
- 1:30 **WILMINGTON PARKINSON'S & LEWY BODY DEMENTIA SUPPORT**
(4th Tuesday of the month) Jill Davenport, 512-5976, jill.davenport7@icloud.com
- 1:30 **MENTAL HEALTH SUPPORT GROUP** (4th Tuesday) Bart Canny, 798-6402
- 1:30 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011
- 2:30 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011
- 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 timgugan@gmail.com
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
9:00 **AEROBICS** Annette Crumpton, 617-2011 awcrumpton@gmail.com
9:00 **BRIDGE*** Joyce Mostard - jlmge699@gmail.com - 910-399-8306
9:00 **CERAMICS*** Judy Olsen, 515-8511 juliaolsenjo41@gmail.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
10:00 **WWII REMEMBERED** (4th Wednesday of the month in MPR) John Nelson, 399-7020
10:00 **CHECKERS* & other card games*** (10-11:30am & 12-4:30pm)
11:00 **TAI CHI*** Angelo Galeotti, galeottiaa@gmail.com
11:00 **TRAVEL MEETING** (1st Wednesday of the month) Kitty Richardson, 791-0554 kittywilm@ec.rr.com
12:00 **OPEN OIL PAINTING*** Pete Paterson, 799-8888 manpa8888@aol.com
12:00 **GERI-FIT*** (Limited to age 60 and older) Mary Konicki, 793-1625 angels4plus1@yahoo.com
12:15 **TAI CHI for ARTHRITIS/Beginner*** (age 60+) Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
1:15 **TAI CHI for ARTHRITIS/Beginner*** (age 60+) Gayla MacMillan, 910-340-2672, birdfeeder1@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
3:30 **OPEN BALLROOM DANCE*** Chuck Cooper, 392-1161 (Call to confirm) 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*** Bring your own materials & supplies. Crafts – Allie Hernandez 798-6406
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 **CHECKERS* & other card games*** (10-11:30am & 12-4:30pm)
10:00 **DECORATIVE/TOLE PAINTING-ADVANCED** Mary Singleton, 791-9513
10:00 **BASIC BEGINNER LINE DANCE (NO CLASS 1st Thursday of each month)** Evelyn Bradley, 791-6236
or evelynbradley1@yahoo.com
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
5:30 **FINDING YOUR HEALTHY BALANCE * (Nutrition)** Ellen Connor, 798-6412 (3rd Thursday)
5:45 **GERI-FIT*** (Limited to age 60 and older) Shantel Davis, 798-6409 srdavis@nhcgov.com
7:00 **76ER'S SQUARE DANCE** Jeff Johnson 910-686-1953 or Steve Arthur 434-944-1826,
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
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, 512-8270 robinmanning342@yahoo.com
10:00 **DIABETES EDUCATION AND SUPPORT*** Ellen Connor, 798-6412 (1st Friday)
10:00 **Wii GAMES for SENIORS*** Shantel R. Davis, 798-6409 srdavis@nhcgov.com
10:00 **CHECKERS and other card games*** (10-11:30am & 12-4:30pm)
10:00 **HIGH STEPPERS TAP** Annette Crumpton, 617-2011 awcrumpton@gmail.com
10:30 **DOUGHNUTS WITH A DEPUTY *** Ellen Connor, 798-6412 (3rd Friday)
11:30 **DANCE (EXERCISE),** Sharon Dixon, 386-7110 sdix1210@gmail.com
12:00 **GERI-FIT*** (Limited to age 60 and older) 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
**Denotes classes with NO fee*