

*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. An asterisk (\*) denotes classes with no fee.*

**MONDAY**

- 8:00 - 4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 - 11:30 **CHECKERS & other card games\***  
8:00 - 11:30 **SCRABBLE\*** Retha Crawford, 431-1832 or Evelyn Smith, 799-6081  
8:00 **BEGINNER SPANISH** Starts 3/11 (\$5 per class) Morgan, 910-333-2034, [mkh8013@uncw.edu](mailto:mkh8013@uncw.edu)  
8:00 **MEN'S EXERCISE**, call for class size info Fran Tabor, 262-2687 [ftabor6@gmail.com](mailto:ftabor6@gmail.com)  
8:30 **GERI-FIT** Mary Konicki, 793-1625 [angels4plus1@yahoo.com](mailto:angels4plus1@yahoo.com)  
9:00 **BLOOD PRESSURE CHECKS** (4th Monday of the month) Interim Health Care  
9:00 **CERAMICS\*** Margaret Childers, 910-617-2086, Judy Olsen, 515-8511 [juliaolsen.jo41@gmail.com](mailto:juliaolsen.jo41@gmail.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  
9:30 **BLUE RIBBON WRITERS\*** (4th Monday) Chris Miller 233-0325, [christinabrwn68@gmail.com](mailto:christinabrwn68@gmail.com)  
10:00 **LINE DANCE (Intermediate Level)** Sharon Dixon, 386-7110 [sdix1210@gmail.com](mailto:sdix1210@gmail.com)  
10:30 **GOLDEN TAPPERS** Judy Kelley, 547-6345 [traintap@gmail.com](mailto:traintap@gmail.com)  
10:30 **COOKING DEMONSTRATION\*** Ellen Connor, 798-6412 (4th Monday) Resuming 3/18  
11:00 **NUTRITION DISCUSSION\*** Ellen Connor, 798-6412  
12:00 **TAP FOR BEGINNERS** Judy Kelley, 547-6345 [traintap@gmail.com](mailto:traintap@gmail.com)  
1:00 **PAINTING STUDIO** Fee of \$20/month. (910) 799-6467, [brenda.bostic.jones@gmail.com](mailto:brenda.bostic.jones@gmail.com)  
1:00 - 4:30 **DUPLICATE BRIDGE IN TGR\*** (Limited to 24 players) Paul Olhoeft 686-5554 [paulandrosemary@yahoo.com](mailto:paulandrosemary@yahoo.com)  
1:00 - 4:30 **CHECKERS & other card games\***  
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

**TUESDAY**

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 **GERI-FIT** Gayla MacMillan, 910-340-2672, [birdfeeder1@yahoo.com](mailto:birdfeeder1@yahoo.com)  
8:00 - 11:30 **PINOCHLE\* & CANASTA\*** Jeanie Cheek, 254-1351, [jeaniecheek@bellsouth.net](mailto:jeaniecheek@bellsouth.net)  
8:00 - 11:30 **CHECKERS & other card games\***  
9:00 **TAI CHI for ARTHRITIS - BEGINNER** Gayla MacMillan, 910-340-2672, [birdfeeder1@yahoo.com](mailto:birdfeeder1@yahoo.com)  
10:00 **BINGO** (small knick-knack prizes only) Margaret Bryant, 798-6420 In the Friendship Café  
10:00 **TAI CHI for ARTHRITIS - ADVANCED** Gayla MacMillan, 910-340-2672, [birdfeeder1@yahoo.com](mailto:birdfeeder1@yahoo.com)  
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 Tue.) Ann Foltrauer, 515-6214 [afoltrauer@ec.rr.com](mailto:afoltrauer@ec.rr.com)  
1:00-4:30 **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 - 4:30 **CHECKERS & other card games\***  
1:00 **ART SUPPORT GROUP** (2nd Tue.) Becky Hayes, 798-6435 or [rhayesnbcgov.com](http://rhayesnbcgov.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](mailto: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  
2:45 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011  
7:00-10:00 **OVER 50'S DANCE** (2nd Tuesday of the month) Tim Gugan, 620-8427 [tingugan@gmail.com](mailto:tingugan@gmail.com)  
[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

## WEDNESDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 **MEN'S EXERCISE** call for class size info Fran Tabor, 262-2687 [ftabor6@gmail.com](mailto:ftabor6@gmail.com)  
8:00 - 11:30 **BRIDGE\*** Joyce Mostard - [jlmgc699@gmail.com](mailto:jlmgc699@gmail.com) - 910-399-8306  
8:00 - 11:30 **CHECKERS & other card games\***  
9:00 **AEROBICS** Annette Crumpton, 617-2011 [awcrumpton@gmail.com](mailto:awcrumpton@gmail.com)  
9:00 **CERAMICS\*** Judy Olsen, 515-8511 [juliaolsen.jo41@gmail.com](mailto:juliaolsen.jo41@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](mailto:sdix1210@gmail.com)  
10:00 **WWII REMEMBERED** (4th Wed.) John Weisz, [hans52weisz@gmail.com](mailto:hans52weisz@gmail.com), 443-685-4587  
11:00 **TAI CHI\*** Angelo Galeotti, [galeottiaa@gmail.com](mailto:galeottiaa@gmail.com)  
11:00 **TRAVEL MEETING** (1st Wednesday of the month) Kitty Richardson, 791-0554 [kittywilm@ec.rr.com](mailto:kittywilm@ec.rr.com)  
12:00 **OPEN OIL PAINTING\*** Pete Paterson, 799-8888, [manpa8888@aol.com](mailto:manpa8888@aol.com)  
12:00 **GERI-FIT** Mary Konicki, 793-1625 [angels4plus1@yahoo.com](mailto:angels4plus1@yahoo.com)  
12:15 **TAI CHI for ARTHRITIS-BEGINNER** Gayla MacMillan, 910-340-2672, [birdfeeder1@yahoo.com](mailto:birdfeeder1@yahoo.com)  
1:00 - 4:30 **CANASTA\*** Barbara Perry, 799-8072, [bpperryangel@aol.com](mailto:bpperryangel@aol.com)  
1:00 - 4:30 **CHECKERS & other card games\***  
1:15 **TAI CHI for ARTHRITIS-INTERMEDIATE** Gayla MacMillan, 910-340-2672, [birdfeeder1@yahoo.com](mailto:birdfeeder1@yahoo.com)  
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)

## THURSDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00-11:30 then 1-4:30 **PINOCHLE\*** in TGR (Limited to 24 players) Jeanie Cheek, 254-1351, [jeaniecheek@bellsouth.net](mailto:jeaniecheek@bellsouth.net)  
8:00 - 11:30 **CHECKERS & other card games\***  
8:30 **CRAFTS, JEWELRY MAKING, & PLARN\*** Aileen Rainer, 392-5611, Marie Nieves, 910-795-7381 (jewelry), Shari Lash 440-463-7554 (plarn)  
10:00 **BINGO** (small token knick-knack prizes only) Margaret Bryant, 798-6420  
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](mailto:evelynbradley1@yahoo.com)  
11:00 **GOTTA DANCE TAPPERS** Carol Loeser, 395-2727 [rcloeser108@gmail.com](mailto:rcloeser108@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, [sassyramona@gmail.com](mailto:sassyramona@gmail.com)  
1:00 - 4:30 **CHECKERS & other card games\***  
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)  
5:30 **NUTRITION COUNSELING (by appointment only)** Ellen Connor, 798-6412  
5:45 **GERI-FIT** Shantel Davis, 798-6409 [srdavis@nhcgov.com](mailto:srdavis@nhcgov.com)  
6:00 **MEET AND MINGLE SENIORS GROUP** (2<sup>ND</sup> Thurs.) Valorie Hatten, 798-6485 No Meeting in March  
7:00 **76ER'S SQUARE DANCE** President Steve Arthur, [gusart\\_6@verizon.net](mailto:gusart_6@verizon.net), 434-944-1826 - - Vice President Ken Allen, [faxfix41@gmail.com](mailto:faxfix41@gmail.com)

## FRIDAY

- 8:00-4:30 **BILLIARDS\* & TABLE TENNIS\***  
8:00 - 11:30 **SCRABBLE\*** Retha Crawford, 431-1832 or Evelyn Smith, 799-6081  
8:00 - 11:30 **CHECKERS and other card games\***  
8:00 **MEN'S EXERCISE** Call for class size 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\*** Ellen Connor, 798-6412 (1st Friday)  
10:00 **Wii VIDEO GAMES\*** Shantel R. Davis, 798-6409 [srdavis@nhcgov.com](mailto:srdavis@nhcgov.com)  
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)  
12:00 **GERI-FIT** 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)  
1:00-4:30 **CHECKERS and other card games\***