

SENIOR RESOURCE CENTER CLASSES AND ACTIVITIES

Sep/Oct 2019

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 **MEN'S EXERCISE (only 4 spots open, call today)** Fran Tabor, 262-2687 ftabor6@gmail.com
- 8:30 **GERI-FIT** *Age 60 and older* Mary Konicki, 793-1625 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
- 9:15 **YOGA** Giles MacMillan, 777-4392 gilesmacmillan94566@yahoo.com
- 9:30 **GRADS** (RSVP Community Service Project) Allie Hernandez, 798-6406
- 9:30 **BLUE RIBBON WRITERS*** (4th Monday), Bob Foley, rjfoley@ec.rr.com
- 10:00 **LINE DANCE (Intermediate Level)** Sharon Dixon, 386-7110 sdix1210@gmail.com
- 10:30 **GOLDEN TAPPERS** Judy Kelley, 547-6345 traintap@gmail.com
- 10:30 **COOKING DEMONSTRATION*** Ellen Connor, 798-6412 (4th Monday)
- 11:00 **NUTRITION DISCUSSION*** Ellen Connor, 798-6412
- 12:00 **TAP FOR BEGINNERS** Judy Kelley, 547-6345 traintap@gmail.com
- 1:00 **PAINTING STUDIO** Fee of \$20/month. (910) 799-6467, brenda.bostic.jones@gmail.com
- 1:00 - 4:30 **DUPLICATE BRIDGE IN TGR*** (Limited to 24 players) Paul Olhoeft 686-5554 paulandrosemary@yahoo.com
- 1:00 - 4:30 **CHECKERS & other card games***
- 1:30 - 5:00 **DSS Services (Medicaid & FNS Assistance)**
- 1:30 **STRENGTH & CONDITION & Aerobics** Robin Manning, 512-8270 robinmanning342@yahoo.com
- 1:30 **FAMILY CAREGIVER SUPPORT GROUP** (3rd Monday)

TUESDAY

- 8:00-4:30 **BILLIARDS* & TABLE TENNIS***
- 8:00 **GERI-FIT** *Age 60 and older* Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
- 8:00 - 11:30 **PINOCHLE* & CANASTA*** Jeanie Cheek, 254-1351, jeaniecheek@bellsouth.net
- 8:00 - 11:30 **CHECKERS & other card games***
- 9:00 **TAI CHI for ARTHRITIS - BEGINNER** *Age 60 and older* Gayla MacMillan, 910-340-2672, 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** *Age 60 and older* 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** Support Group (3rd Tue.) \$5/month. Ann Foltrauer, 910-619-4444 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
- 1:00 - 4:30 **CHECKERS & other card games***
- 1:00 **ART SUPPORT GROUP** (2nd Tue.) Becky Hayes, 798-6435 or rhayeshncgov.com to register
- 1:30 **WILMINGTON PARKINSON'S & LEWY BODY DEMENTIA SUPPORT**
(4th Tuesday of the month, Sept. through May) Jill Davenport, 512-5976, jill.davenport7@icloud.com
- 1:30 **STRESS REDUCTION GROUP** (4th Tuesday)
- 1:30 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011
- 2:45 **GENTLE YOGA FOR BONE & BACK HEALTH** Annette Crumpton, 617-2011
- 7:30-10:00 **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).

WEDNESDAY

- 8:00-4:30 **BILLIARDS* & TABLE TENNIS***
8:00 **MEN'S EXERCISE (only 4 spots open, call today)** Fran Tabor, 262-2687 ftabor6@gmail.com
8:00 - 11:30 **BRIDGE*** Joyce Mostard - jlmgc699@gmail.com - 910-399-8306
8:00 - 11:30 **CHECKERS & other card games***
8:00-5:00 **DSS Services (Medicaid & FNS Assistance)**
9:00 **AEROBICS** Annette Crumpton, 617-2011 awcrumpton@gmail.com
9:00 **CERAMICS*** Judy Olsen, 515-8511 juliaolsen.jo41@gmail.com
9:30 **DISCUSSION GROUP (2nd Wed.)** Bob Foley, rjfoley@ec.rr.com
10:00 **EXERCISE/LINE DANCE** Sharon Dixon, 386-7110 sdix1210@gmail.com
10:00 **REMEMBERING OUR HEROES (4th Wed.)** John Weisz, hans52weisz@gmail.com, 443-685-4587
11:00 **TAI CHI*** Angelo Galeotti, galeottiaa@gmail.com
11:00 **TRAVEL MEETING (1st Wed.)** Kitty Richardson, 791-0554 kittywilm@ec.rr.com
12:00 **OPEN OIL PAINTING*** Pete Paterson, 799-8888, manpa8888@aol.com
12:00 **GERI-FIT Age 60 and older** Mary Konicki, 793-1625 angels4plus1@yahoo.com
12:15 **TAI CHI for ARTHRITIS-BEGINNER Age 60 and older** Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
1:00 - 4:30 **CANASTA*** Barbara Perry, 799-8072, bpperryangel@aol.com
1:00 - 4:30 **CHECKERS & other card games***
1:15 **TAI CHI for ARTHRITIS-INTERMEDIATE Age 60 and older** Gayla MacMillan, 910-340-2672, birdfeeder1@yahoo.com
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

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
8:00 - 11:30 **CHECKERS & other card games***
8:30 **CRAFTS, JEWELRY, & PLASTIC RECYCLING PROJECTS** Aileen Rainer, 392-5611, Marie Nieves, 910-795-7381 (jewelry), Shari Lash 440-463-7554 (Plastic)
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)** 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, sassyramona@gmail.com
1:00 - 4:30 **CHECKERS & other card games***
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 **MEET AND MINGLE SENIORS GROUP (2ND Thurs.)** Valorie Hatten, 798-6485
5:30 **NUTRITION COUNSELING (by appointment only)** Ellen Connor, 798-6412
5:45 **GERI-FIT Age 60 and older** Shantel Davis, 798-6409 srdavis@nhcgov.com
7:00 **76ER'S SQUARE DANCE** President Steve Arthur, gusart_6@verizon.net, 434-944-1826 - - Vice President Ken Allen, 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 (only 4 spots open, call today)** 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 VIDEO GAMES*** Shantel R. Davis, 798-6409 srdavis@nhcgov.com
10:00 **HIGH STEPPERS TAP** Annette Crumpton, 617-2011 awcrumpton@gmail.com
11:30 **EXERCISE/LINE DANCE**, Sharon Dixon, 386-7110 sdix1210@gmail.com
12:00 **GERI-FIT Age 60 and older** Mary Konicki, 793-1625 angels4plus1@yahoo.com
1:00 **WILMINGTON PROSTATE CANCER (EXECUTIVE B.O.D.) (2nd Friday)** wpfitzpat@gmail.com
1:00-4:30 **CHECKERS and other card games***