

SENIOR RESOURCE CENTER CLASSES AND ACTIVITIES

Mar/Apr 2020

Numerous changes are taking place as we prepare for upcoming 2020 SRC renovations, which began Tuesday 1/2/20. Several classes, groups, events, etc. have been re-scheduled, re-located within the SRC, moved to an off-site location, or cancelled. Please call the instructor or group leader directly to confirm class schedules, location, room assignment, cancellations, or other class/group/event information. You may also check our website for the most up to date changes and information due to building construction.

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** Fran Tabor, 262-2687 ftabor6@gmail.com
8:30 **GERI-FIT** *Age 60 and older* Mary Konicki, 793-1625 angels4plus1@yahoo.com
9:00 **CERAMICS*** Judy Olsen, 515-8511 juliaolsen.jo41@gmail.com
9:15 **YOGA** Giles MacMillan, 777-4392 gilesmacmillan94566@yahoo.com
9:30 **G.R.A.D.S.** (A Knitting Service Project, Not A Class/No Instruction) Allie Hernandez, 798-6406
10:00 **BLUE RIBBON WRITERS*** (4th Monday), Bob Foley, rjfoley@ec.rr.com
10:00 **LINE DANCE (Intermediate Level)** Sharon Dixon, 386-7110 sdix1210@gmail.com
10:00 **FITNESS FOR ALL WITH JACKI** (in the Café)
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) Andrew Zeldin, 798-6455 azeldin@nhcgov.com

TUESDAY

- 8:00-4:30 **BILLIARDS* & TABLE TENNIS***
8:00 **GERI-FIT** *Age 60 and older* Annette Crumpton, 617-2011 awcrumpton@gmail.com
8:00 - 11:30 **PINOCHLE/CANASTA*** (limit 24 players Pinochle & Canasta sharing)
8:00 - 11:30 **CHECKERS & other card games***
9:00 **TAI CHI for ARTHRITIS - BEGINNER** *Age 60 and older* Lin Workman, 1-910-619-4518, lpworkman@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* Lin Workman, 1-910-619-4518, lpworkman@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
12:00 **WOMEN'S SOCIAL SUPPORT GROUP (OFFSITE)** (1st Tue.) Angie Olson-Boseman, 798-6447 or aoboseman@nhcgov.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 **CAREGIVER ART SUPPORT GROUP** (2nd Tue.) Becky Hayes, 798-6435 or rhayes@nhcgov.com
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 **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 tingugan@gmail.com
www.overfiftiesdanceclub.org (\$8.00 per person, plus finger food or drink).

The Center regularly offers a wide variety of programs, activities, and services free of charge to older adult participants. Classes and activities that do have a small fee are to cover associated costs such as supplies, instructor cost, etc. The fee based classes/activities are not funded by grants. If you are interested in participating in senior center fee-based activities, and you are unable or unwilling to pay a required fee, you may still participate by applying for a scholarship. Please see the Activities Program Manager for more information on the activity financial assistance application.

WEDNESDAY

- 8:00-4:30 **BILLIARDS* & TABLE TENNIS***
8:00 **MEN'S EXERCISE** Fran Tabor, 262-2687 ftabor6@gmail.com
8:00 - 11:30 **BRIDGE*** Marianne Janney, 471-2836, m_janney@hotmail.com
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
10:00 **FITNESS FOR ALL WITH JACKI** (in the Café)
10:00 **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, 914-522-6070 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* Lin Workman, 1-910-619-4518, lpworkman@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* Lin Workman, 1-910-619-4518, lpworkman@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, 1-4:30 **PINOCHLE/CANASTA*** (limit 24 players Pinochle & Canasta sharing)
8:00 - 11:30 **CHECKERS & other card games***
9:00 **CRAFTS** Shari Lash 440-463-7554
10:00 **BINGO** (*small token knick-knack prizes only*) Margaret Bryant, 798-6420
10:00 **DECORATIVE/TOLE PAINTING-ADVANCED** Nancy Potts, nanlee38@hotmail.com 910-547-1201
10:00 **BASIC BEGINNER LINE DANCE (NO CLASS 1st Thursday)** Evelyn Bradley, 791-6236 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*** (limit 24 players Pinochle & Canasta sharing) 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 **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** 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***