

# Silvermont Senior Center July Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1		3
		9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 12:45-3:45 Glenn Cannon Bridge 2:30-3:45 Mindfulness Meditations	2 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	COUNTY OFFICES CLOSED
6	7	8		10
9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-3:00 Pumpkin Fest Meeting 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong	9 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours 1:30 -3:45 Mtn. Laurel Investment
13	14	15		17
9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre 3:00-4:30 Council on Aging	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 12:45-3:45 Glenn Cannon Bridge	16 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	9:30-12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 10:00-10:30 Stride for your Health 1:00-3:30 Museum Tours
20	21	22		24
9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2 :00 Tai Chi 1:00-3:00 Card Club 1:00-3:00 Friends' Meeting 7:00-9:00 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong	23 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10:00-10:45 NC Legal Aid "Wills & ..." 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	9:30- 12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours
27	28	29		31
9:00 - 9:45 Chi-Gong 9:30 -12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah-Jongg 1:00 -3:30 Open Art 1:00-2:30 Readers' Theatre	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2 :00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 2:30-3:45 Mindfulness Meditations	30 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoir	9:30-12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours