

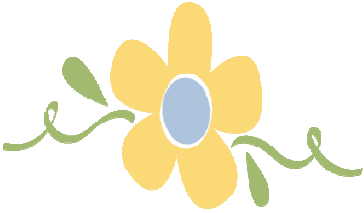



# AUGUST 2008

## N.C. Senior Center of Excellence

Ashe Senior Center  
 PO Box 9  
 West Jefferson, NC  
 28694  
 Phone: 246-4347



Mon	Tue	Wed	Thu	Fri
	<b>DAILY ACTIVITIES</b> 10-11:30 BINGO GAME, WALK-INS 8-5:00 12:30-2:30 BASIC SKILLS 7-9:00pm WALKING TRAIL 8:30-12:30 ROOK GAMES, WALK-INS 8-5:00 *LEGAL AID OF NORTH	<b>DAILY ACTIVITIES</b> 8-5 EXERCISE ROOM, 8-12:00 INSTRUCTOR AVAILABLE 8-5 BILLIARDS, 9-10:00 BILLIARDS W/RAY M, T, W 8-5 BLOOD PRESSURE CHECK, 9-12:00 BY APPOINTMENT 8-5 PUBLIC ACCESS COMPUTER LAB, CLASSES SCHEDULED, 10-11:30& 5:15- 7:15 *SUBJECT TO CHANGE		<b>1</b> 8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 CROCHETING CLASS WITH BETTY 10-11:00 EXERCISE CLASS 10:30 SINGING W/ RED HILL RAMBLERS 11:00 GRIEF COUNSELING 12:35-12:45 SENIOR CENTER NEWS ON
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 PAINTING W/ BARBARA SEXTON 10-11:00 EXERCISE 10:00 TRIP PLANNING COMMITTEE MEETING 11:30 SINGING W/ WILDA AND FRIENDS 5:30 WEIGHT WATCHERS 6:30-7:30 DANCE CLASS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9:30-11:00 BIBLE STUDY 10-11:30 POWER POINT 11:30 NUTRITION UP DATE 1:00 SCRABBLE 5:30 WEIGHT WATCHERS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-3:00 BEST VALUE HEARING 9:00 TRIP TO BILLY GRAHAM LIBRARY 10-11:00 EXERCISE CLASS 12:00 AARP MEETING PICNIC AT PARK (RAIN MEET AT SENIOR CENTER) 1:00 CARD GAME "HAND & FOOT" 1:00 NEW QUILTING GIRLS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 8-9:30 COMPUTER BASICS I 9-12:00 QUILTING W/ ROSA (NEW CLASS) 9:30-11:30 WEIGHT WATCHER 10-11:30 COMPUTER BASICS II	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 CROCHETING CLASS W/BETTY 10-11:00 EXERCISE CLASS 11:30 SINGING W/ ROGER AND RUBY 12:35-12:45 SENIOR CENTER NEWS ON WKSJ
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 PAINTING CLASS WITH BARBARA SEXTON (NEW CLASS)  5:30 WEIGHT WATCHERS 6:30-7:30 DANCE CLASS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9:30-11:00 BIBLE STUDY 10-11:30 POWER POINT 10:30 LOW VISION DIABETIC SUPPORT GROUP 1:00 SCRABBLE 5:30 WEIGHT WATCHERS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-3:00 BEST VALUE HEARING 9-12:00 FLORAL ARRANGING W/PAT (NEW CLASS) 10-11:00 EXERCISE CLASS 11:30 NEW RIVER STATE PARK PROG. 1:00 CARD GAME "HAND & FOOT" 1:00 NEW QUILTING GIRLS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 8-9:30 COMPUTER BASICS I 8-11:00 SOCIAL SECURITY REPRESENTATIVE 9-12:00 QUILTING CLASS W/ ROSA 9:30-11:30 WEIGHT WATCHERS 10-11:30 COMPUTER BASICS II 11:30 CHECKMEDS PROGRAM	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 CROCHETING W/BETTY 10-11:00 EXERCISE CLASS 11:30 SINGING W/ RAY AND FRIENDS 12:35-12:45 SENIOR CENTER NEWS ON WKSJ
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 PAINTING CLASS WITH BARBARA SEXTON 11:30 SINGING W/ WILDA AND FRIENDS 5:30 WEIGHT WATCHERS 6:30-7:30 DANCE CLASS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9:30-11:00 BIBLE STUDY 10-11:30 POWER POINT 11:30 MUSIC W/ BEVIN SOUTH 1:00 SCRABBLES 1:00 LIBRARY CLUB MEETING 5:30 WEIGHT WATCHERS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-3:00 BEST VALUE HEARING 10-11:00 EXERCISE CLASS 10-11:00 HEALTHY EATING W/BETH 1:00 CARD GAME "HAND & FOOT" 1:00 NEW QUILTING GIRLS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 8-9:30 COMPUTER BASICS I 9-12:00 QUILTING WITH ROSA 9:30-11:30 WEIGHT WATCHERS 10-11:30 COMPUTER BASICS II	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 CROCHETING CLASS W/BETTY 10-11:00 EXERCISE CLASS 11:40 BLOOD PRESSURE WITH MARY CARYL ELMORE 12:35-12:45 SENIOR CENTER NEWS ON
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 PAINTING CLASS WITH BARBARA SEXTON  5:30 WEIGHT WATCHERS 6:30-7:30 DANCE CLASS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9:30-11:00 BIBLE STUDY 10-11:30 POWER POINT 1:00 SCRABBLE 5:30 WEIGHT WATCHERS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-3:00 BEST VALUE HEARING 10-11:00 EXERCISE CLASS 1:00 CARD GAME "HAND AND FOOT" 1:00 NEW QUILTING GIRLS	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 8-9:30 COMPUTER BASICS I 9-12:00 QUILTING WITH ROSA 9:30-11:30 WEIGHT WATCHERS 10-11:30 COMPUTER BASICS II	8-5:00 MEDICARE SUPPLEMENTS & MEDICARE PART D ASSISTANCE <u>BY APPOINTMENT ONLY</u> 9-12:00 CROCHETING CLASS W/ BETTY 10-11:00 EXERCISE CLASS 11-12:00 MOUNT ROGER RAMBLERS BAND 12:35-12:45 SENIOR CENTER NEWS ON WKSJ