

Generations Ashe Senior Center Activity Schedule

Week of September 16-20, 2024

Monday, September 16th

Janet's Exercise Class will be held in the Adult Day Center Dining Room on Monday, Wednesday, and Friday next week at 10:00 am

Line Dancing – Across the road at Appalachian Church @1:00 pm

Zumba – no class on Monday 16th and Wednesday 18th

Tuesday, September 17th

Bible Study – Upstairs Conference Room, will need to go around the building to the second floor and enter there

Chair Yoga – Will be held at Bethany Church at 495 NC-194, West Jefferson, NC 28694 at 10:00 am

Scrabble – No Class

Tai Chi – will be held at 410 McConnell Street at the Historic Old Hospital Apts. at 1:30 pm

Wednesday, September 18th

Quilt Guild – No class

DVD Based Bible Study – Upstairs conference Room, will need to go around to the second floor of the building and enter there.

Samba – No Class

Thursday, September 19th

Quilting Class – No class

Yoga – No Class

Tai Chi – will be held at 410 McConnell Street at the Historic Old Hospital Apts. At 1:30 pm

Cardio Drumming – No class

Friday, September 20th

Coffee, Conversation & Art – No class

Mahjong – No Class

Basket Weaving – No Class

All activities will resume the week of September 23rd, 2024.