





January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i> 	2 <i>Happy New Year Senior Center Closed</i> 	3 9:30 Ceramics 9:30 Sr. Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom	4 8:30 Boot Camp 10:00 AHOY 10:00 Art Class 11:00 Flu, Red Cross Luncheon 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo 1:30 Art Class 2:00 Pickleball	5 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	6 8:30 Boot Camp 9:00 Art Class 11:00 Ping Pong 11:30 Pickleball 1:00 Sassy Cats Red Hats 1:00 Putt Putt 1:00 Legal Aid-by appt. 1:00 Pinochle	7
8 	9 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 Fitness Walking-Aderholdt Track HP Athletic Complex 10:00 AHOY 10:00 Computer Basic 11:00 Intermediate Computer 11:00 Ping Pong/ 11:30 Yoga 12:00 Water Exercise-YWCA 12:30 Advanced Computer 1:30 Excel Computer 12:45 Hand/Foot Canasta 1:00 Bowling/1:30 China Painting	10 9:30 Ceramics 9:30 Sr. Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom 7:00 Red Hats-Sophisticated Ladies	11 8:30 Boot Camp 10:00 AHOY 10:00 Art Class 11:00 Disaster Preparedness Red Cross Luncheon 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo/1:30 Art Class 2:00 Pickleball	12 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	13 8:30 Boot Camp 9:00 Art Class 10:00 AHOY 10:30 Ladies Lunch 11:00 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid-by appt 1:00 Pinochle	14
15	16 <i>Martin Luther King Holiday</i> <i>Senior Center Closed</i>	17 9:30 Ceramics 9:30 Senior Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball for Beginners 6:30 Couples Ballroom	18 8:30 Boot Camp 10:00 AHOY/ Art Class 11:00 Silver Sneakers Luncheon 12:00 Water Exercise YWCA 12:30 Chair Volleyball 1:00 Bingo/ 1:30 Art 2:00 Pickleball	19 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 9:45 High Point Univ. Tour 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC 2:00 Gospel Singing	20 8:30 Boot Camp 9:00 Art Class 10:00 AHOY 11:00 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid (by appt. only) 1:00 Pinochle	21
22	23 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 Computer Basic 10:00 AHOY 11:00 Intermediate Computer 11:00 Ping Pong 11:30 YOGA 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel Computer	24 9:30 Ceramics 9:30 Senior Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom	25 8:30 Boot Camp 10:00 AHOY/ Art Class 10:00 AARP 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo 1:30 Art Class 2:00 Pickleball	26 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance Fall Reduction 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	27 8:30 Boot Camp 9:00 Art Class 9:45 High Point Univ. Tour 10:00 AHOY 10:30 Birthday Party 11:00 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid (by appt. only) 1:00 Pinochle	28
29	30 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 Computer Basic/ AHOY 11:00 Intermediate Computer 11:00 Ping Pong 11:30 YOGA 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel Computer	31 9:30 Ceramics 9:30 Senior Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom 7:00 Free Haircuts appt. only		<i>Early Registration for Senior Games & SilverArts has begun. Fee \$10.00 per person. Early registration includes opportunities for free lunches! Call 883-3584 and ask for Tina Boston to learn more about Senior Games.</i>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Follow us on Facebook!</p> <p>High Point Parks & Recreation, NC</p>  </div>	

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Free Tax Services for Seniors by appointment only, provided AARP Tuesday s 12pm-8pm & Friday s 9am-3pm February 3 rd - April 13 th Call 883-3584 to make an appointment	1 8:30 Boot Camp 10:00 AHOY/Art 11:00 Softball Luncheon for Women 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo 1:30 Art lass 2:00 Pickleball	2 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 10:00 ARTS 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	3 8:30 Boot Camp 9:00 Art Class/1 0:00 AHOY 11:00 Ping Pong 11:30 Pickleball 1:00 Sassy Cats Red Hats 1:00 Putt Putt 1:00 Legal Aid (appt.) 1:00 Pinochle Tax Services for Seniors 9am-3pm by appt.	4
5	6 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 AHOY 10:00 Computer Basic 11:00 Intermediate Computer 11:00 Ping Pong/ 11:30 Yoga 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel	7 9:30 Ceramics/ Sr. Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom Tax Services for Seniors 12pm-8pm by appt.	8 8:30 Boot Camp 10:00 AHOY/Art 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo 1:30 Art lass 2:00 Pickleball	9 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 10:00 International Civil Rights Center & Museum Tour 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	10 8:30 Boot Camp 9:00 Art Class 10:00 AHOY 10:30 Ladies Lunch 11:00 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid (appt.) 1:00 Pinochle Tax Services for Seniors 9am-3pm by appt.	11 10:00 Gym Day for Working Seniors at Deep River
12	13 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 AHOY 10:00 Computer Basic 11:00 Intermediate Computer 11:00 Ping Pong/ 11:30 Yoga 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel	14 9:30 Ceramics/ Sr. Class 11:30 Happytones Chorus 1:00 Art Class 1:30 Valentine's Dance 4:15 ARTS  6:00 Painting/ Pickleball 6:30 Couples Ballroom 7:00 Red Hats-S. Ladies Tax Services for Seniors 12pm-8pm by appt.	15 8:30 Boot Camp 10:00 AHOY /Art Class 11:00 Luncheon for Men 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo/ 1:30 Art 2:00 Pickleball	16 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC 2:00 Gospel Singing	17 8:30 Boot Camp 9:00 Art Class 10:00 AHOY 11:30 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid-by appt. 1:00 Pinochle Tax Services for Seniors 9am-3pm by appt.	18 1:00 Luncheon for Working Men at Oakview
19	20 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 AHOY 10:00 Computer Basic 11:00 Intermediate Computer 11:00 Ping Pong/ 11:30 Yoga 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel	21 9:30 Ceramics 9:30 Senior Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom Tax Services for Seniors 12pm-8pm by appt.	22 8:30 Boot Camp 10:00 AHOY 10:00 AARP 10:00 Art 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo/1:30 Art Class 2:00 Pickleball	23 9:15 Social Bridge 9:30 Knitting & Crochet 9:45 Balance/ Fall Reduction 11:00 Yoga 1:00 Mixed Media 1:30 Canasta 1:30 Pickleball -MHRC	24 8:30 Boot Camp 9:00 Softball 9:00 Art Class 10:00 AHOY 10:30 Birthday Party 11:00 Ping Pong 11:30 Pickleball 1:00 Putt Putt 1:00 Legal Aid-by appt. 1:00 Pinochle Tax Services for Seniors 9am-3pm by appt.	25
26 1:30 High Point Theatre "Oliver" Trip	27 8:30 Boot Camp 9:30 Blood Pressure Checks 10:00 AHOY 10:00 Computer Basic 11:00 Intermediate Computer 11:00 Ping Pong/ 11:30 Yoga 12:00 Water Exercise-YWCA 12:30 Advanced Computer 12:45 Hand/Foot Canasta 1:00 Bowling 1:30 China Painting 1:30 Excel	28 9:30 Ceramics/Sr. Class 11:30 Happytones Chorus 1:00 Art Class 2:00 Line Dancing 3:00 Beginner's Line Dancing 4:15 ARTS 6:00 Oil Painting 6:00 Pickleball 6:30 Couples Ballroom 7:00 Free Haircuts by appt. only Tax Services for Seniors 12pm-8pm by appt.	29 8:30 Boot Camp 10:00 AHOY 10:00 Art/ 12:00 Water Exercise-YWCA 12:30 Chair Volleyball 1:00 Bingo/1:30 Art Class 2:00 Pickleball			