


September 2021 - Activity Schedule

Monday 7 am - 5 pm	Tuesday 7 am - 8:30 pm	Wednesday 7 am - 5 pm	Thursday 7 am - 8:30 pm	Friday 7 am - 5 pm	Saturday 8 am - 1 pm
	Hours: Mon, Wed, Fri 7:00 am-5:00 pm Tues, Thurs 7:00 am-8:30 pm Sat 8:00-1:00 pm (910) 947-4483	1 10-12 Knitting 11:15-12:30 Piano Wednesdays 1-4 Pinochle 3:30-4:30 Cribbage	2 1-4 Canasta 5:30-8:00 Night Bee	3 <u>10-11 Senior Center Music Open</u> <u>Jam Session</u> 10-12 Euchre 1-4 Mah Jongg	4 CLOSED 
6 CLOSED 	7 1-4 Advanced Mexican Train Dominos 1:30-5 Chess 5-7 Line Dance	8 10-12 Knitting 11:15-12:30 Piano Wednesdays 1-4 Pinochle 3:30-4:30 Cribbage	9 <u>10-12 Cooking with Mamie</u> 1-4 Open Sew Quilts 1-4 Canasta 5:30-7:30 Square Dancing	10 <u>10-11 Senior Center Music Open</u> <u>Jam Session</u> 10-12 Euchre 1-4 Mah Jongg	11 10:30-12:45 Advanced/Intermediate Line Dance
13 1-4 Mexican Train Dominos 1-4 Hand & Foot	14 <u>10-12 Greeting Card Workshop</u> 12-4 Quilts of Valor (sewing) 1-4 Advanced Mexican Train Dominos 1:30-5 Chess 5-7 Line Dance	15 <u>10-11 Medicare 101</u> 10-12 Knitting 11:15-12:30 Piano Wednesdays 1-4 Pinochle 3:30-4:30 Cribbage	16 <u>10-12 Health and Wellness Fair</u> 1-4 Canasta 5:30-8:00 Night Bee	17 <u>10-11 Senior Center Music Open</u> <u>Jam Session</u> 10-12 Euchre 1-4 Mah Jongg	18 10:30-12:45 Advanced/Intermediate Line Dance
20 <u>10-11:30 Beltone Hearing Screening</u> <u>10-12 Bring your own paper crafts</u> 1-4 Mexican Train Dominos 1-4 Hand & Foot <u>1-2 Contemplation and Mediation</u>	21 1:30-5 Chess 1-4 Advanced Mexican Train Dominos 5-7 Line Dance	22 10-12 Knitting <u>10-11:30 SEC Journal Club 2021</u> <u>(Virtual & In-Person)</u> 11:15-12:30 Piano Wednesdays 1-4 Pinochle 1-3 Machine Embroidery 3:30-4:30 Cribbage	23 1-4 Canasta 5:30-7:30 Square Dancing	24 <u>10-11 Senior Center Music Open</u> <u>Jam Session</u> 10-12 Euchre 1-4 Mah Jongg	25 10:30-12:45 Advanced/Intermediate Line Dance
27 1-4 Mexican Train Dominos 1-4 Hand & Foot	28 <u>2-3 Create a Dementia Friendly Home</u> 1:30-5 Chess 1-4 Advanced Mexican Train Dominos 5-7 Line Dance	29 10-12 Knitting 11:15-12:30 Piano Wednesdays 1-4 Pinochle 1-3 Machine Embroidery 3:30-4:30 Cribbage	30 1-4 Canasta	8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	<div style="border: 1px solid black; padding: 5px;"> <p><i>*Denotes programs that require a fee. Please refer to the flip side of this calendar for the amount.</i></p> </div>

SEC Activity Descriptions

We ask that you call 947-4483 to register for any activity you would like to attend, so that in the unlikely event of a program cancellation we will be able to notify all possible guests.

Advanced/Intermediate Line Dance Instruction: If you are an experienced Line Dancer, join this group to learn new moves!

Bring your own paper crafts: Do you enjoy paper crafting and like socializing? Bring your own paper crafts and work on your projects with friendly faces.

Canasta: Popular card game open to those with basic experience.

Chess: Come play chess! Experienced players will be on hand to provide guidance to those with little or no experience with the game.

Create a Dementia Friendly Home: Presenter: Christine Abbott, OT with Sandhills Adaptive Living

HU Contemplation and Meditation: If you've ever had a desire to meditate, HU, the most beautiful prayer or contemplation, is easier than traditional meditation & a direct way to connect to Spirit. HU is an ancient, sacred name for God. Open to ALL faiths & beliefs. Marian Massie, Hypnotherapist & Success Coach will lead you into understanding this ancient mantra through a short talk about the HU & answer any questions you may have, followed by 20 minutes of singing the HU. Afterwards, we will discuss experiences & thoughts you may have regarding this practice.

Cooking with Mamie: Learn how to prepare a simple, elegant meal you'd be proud to serve to guests. This month's menu is Suzanne's awesome Pasta Pesto.

Euchre: Join in for friendly competitive play of this classic card game. Beginners welcome!

***Greeting Card Workshop:** Volunteer instructor Patti Patullo will guide participants in this class in making all occasion greeting cards. Seating limited, we take reservations starting the 1st of each month. \$10.00 Fee

Hand & Foot Game: An exciting variation of Canasta. Instruction available.

Health & Wellness Fair: Vendors include: Health Promotion * Fall Prevention Fraud & Scam Protection * Flu Shot Clinic Balance & Blood Pressure Screenings * Fitness Division of the Blind & the Deaf & Hard of Hearing Health Dept. * Hearing Screenings * Home Care Legal Aid of North Carolina * Local Resource Info.Dept. of Aging * SHIP * Home Care * Senior Living Options

Knitting: Austine White will teach beginners or provide guidance to experienced knitters. Bring #9 or #10 circular needles and a skein of yarn.

Machine Embroidery: This is a discussion group that will explore some of the uses of machine embroidery, products used to ensure successful stitching and internet sites such as YouTube that offer information regarding techniques and tricks.

Mah Jongg: A rummy-like game played with tiles rather than cards.

Medicare 101 Presentation: Turning 65 soon... Join us for a Medicare 101 Presentation to learn all about it.

Mexican Train Dominoes: Also known as simply Trains, is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". The game's most popular name comes from a special optional train that belongs to all players.

Open Sew Quilts: Please bring your sewing machine, background fabric and scrap fabric. Beginner Quilters welcome.

Piano Wednesdays: Please welcome Flint Long, our newest volunteer for Piano Wednesdays!

Where piano players meet and people new to piano learn to play. No experience necessary, just a love of music is required.

Pinochle: This popular card game is open to anyone. Instruction available.

Quilts of Valor (Sewing): This non-instructional workshop is for those with sewing experience. Participants must bring sewing machine and all supplies needed for the project on which they are working.

SEC Journal Club: This fun "show & tell" style walk down memory lane began virtually via Webex but now we'll meet in-person & virtually! A different topic is given to journal about each month then everyone explains about their monthly topic entry. By December 2021, you'll have a journal of happy memories to enjoy for years to come and/or pass down to members of your family.

Senior Center Music Open Jam Session: Music is good for the soul. Do you sing or play an instrument? Bring your favorite music and jam. Led by Bruce Olin.

Square Dancing: If you love to square dance or just like to watch them dance, come join this fun group!

get this online at: www.moorecountync.gov - Departments; Aging