

Monday 7 am - 5 pm	Tuesday 7 am - 7 pm	Wednesday 7 am - 5 pm	Thursday 7 am - 7 pm	Friday 7 am - 5 pm	Saturday 8 am - 1 pm
8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	Hours: Mon, Wed, Fri 7:00 am-5:00 pm Tues, Thurs 7:00 am-7:00 pm Sat 8:00-1:00 pm (910) 947-4483	1 <u>10-11 Brain Boost</u> 10-11 Knitting 11:15-12:30 Piano Wednesdays 1:30-3:30 Shuffleboard 1-4 Pinochle 3:30-4:30 Cribbage	2 11-12 Senior Moments Players 1-4 Canasta	3 9:30-11 Music Open Jam Session 10-12 Euchre <u>12:00 Guided Meditation—FREE</u> 1-4 Mah Jongg <u>1-2:30 Civil War— Did you Know?</u>	4 10:00-12:45 Advanced/ Intermediate Line Dance
6 12-4 Quilts of Valor (Sewing) 1-4 Hand & Foot	7 <u>10-11 CAC Quarterly Meeting</u> 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	8 <u>10-11 Brain Boost</u> <u>10-11 Smart Phone</u> <u>One on One Assistance</u> 10-11 Knitting 11:15-12:30 Piano Wednesdays 1:30-3:30 Shuffleboard 1-4 Pinochle 3:30-4:30 Cribbage	9 <u>10-12 Cooking with Mamie</u> 11-12 Senior Moments Players 1-4 Canasta 1-4 Open Sew Quilts 5:00-7:00 Night Quilt Bee	10 9:30-11 Music Open Jam Session 10-12 Euchre <u>12:00 Guided Meditation—FREE</u> 1-4 Mah Jongg <u>1-2:30 Civil War— Did you Know?</u>	11 10:00-12:45 Advanced/ Intermediate Line Dance
13 1-4 Hand & Foot	14 <u>*10-12 Greeting Card Workshop</u> <u>11-12 Medicare 101</u> 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	15 <u>10-11 Brain Boost</u> 10-11 Knitting 11:15-12:30 Piano Wednesdays 1:30-3:30 Shuffleboard 1-4 Pinochle 3:30-4:30 Cribbage	16 11-12 Senior Moments Players 1-4 Canasta	17 9:30-11 Music Open Jam Session 10-12 Euchre <u>12:00 Guided Meditation—FREE</u> 1-4 Mah Jongg	18 10:00-12:45 Advanced/ Intermediate Line Dance
20 10-11 Paper Crafts 1-2 HU Contemplation 1-4 Hand & Foot	21 <u>11-12:30 Caregiver Support Group</u> 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	22 <u>10-11 Brain Boost</u> 10-11 Knitting 11:15-12:30 Piano Wednesdays 1-4 Pinochle 1:30-3:30 Shuffleboard 3:30-4:30 Cribbage	23 11-12 Senior Moments Players 1-4 Canasta NEW <u>*3-5 Credit Card Art</u>	24 9:30-11 Music Open Jam Session 10-12 Euchre <u>12:00 Guided Meditation—FREE</u> 1-4 Mah Jongg	25 10:00-12:45 Advanced/ Intermediate Line Dance
27 <u>1-4 Virtual Audiology and the Brain</u> 1-4 Hand & Foot	28 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance 5:00-7:00 Night Quilt Bee	29 <u>10-11 Brain Boost</u> 10-11 Knitting 11:15-12:30 Piano Wednesdays 1-3 Machine Embroidery 1-4 Pinochle 1:30-3:30 Shuffleboard <u>2-3 Rick Fifield Concert</u> 3:30-4:30 Cribbage	30 11-12 Senior Moments Players 1-4 Canasta	31 9:30-11 Music Open Jam Session 10-12 Euchre <u>12:00 Guided Meditation—FREE</u> 1-4 Mah Jongg	*Denotes programs that require a fee. Please refer to the flip side of this calendar for the amount.

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! Benefits of Pre Planning:

Brain Boost: Boost your brain fitness and flex your "memory muscles" in this interactive and lively class! Discover ways in which simple and fun brain training activities can fine-tune your recall and teach you how to use your brain more efficiently.

Brain Power - is a NEW program that will last throughout the year. Educational presentations will be scheduled throughout the year. Look for dates and times along with information in each newsletter. Neuroplasticity is the brain's ability to adapt and change in response to new experiences. 75% of the way that you age is in your control—which means your environment, lifestyle and behavior have more of an impact on the way that you age vs. the 25% attributed to your genes.

THIS MONTHS TOPIC: It's your brain that hears. Not your ears.

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.

CAC Meeting: The Community Advisory Committee (CAC)* Invites Moore County Residents to Attend their FREE:

QUARTERLY PUBLIC MEETING RE: Nursing & Adult Care Homes *This quarter's speaker topic:* "Healthcare for the Elderly,

Featuring Mickey & Minnie Mouse!" *Jennifer B. Garner with Garner Law Firm, PLLC*

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

Caregiver Support Group: Join us for an opportunity to share your feelings, develop friendships, receive Emotional support, and discuss solutions to common Caregiver issues with other Caregivers.

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

Cooking with Mamie: Learn how to prepare a simple, elegant meal you'd be proud to serve to guests. This month's menu is Risotto with Shrimp & Chocolate Dessert. Space is limited to 12. Call to reserve, Due to high demand names are drawn by a lottery system.

***Credit Card Art:** Join this new and exciting art class and leave with a beautiful painting. You will use paint, tape and a credit card (see newsletter for beautiful painting). \$10.00 for supplies

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.

HU Contemplation and Meditation: Title: Inner Guidance-Develop and explore.

*Exercises to develop and increase your awareness of inner guidance.

*How dreams can be messengers of intuition and guidance.

*How to learn to trust your inner nudges.

*Learn about the HU, an ancient mantra, to increase your awareness.

Come and be part of this experience with like minded people and comfortable setting.

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.

Guided Meditation with Maureen Bertolozzi: This class is a gentle, seated or standing, moving meditation class that consist of deep belly breathing and a guided seated mindful meditation. The goal is to calmly and peacefully relax your body and mind. This classes is intended for all participants of the Senior Enrichment Center. Fridays at 12

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.

Night Quilt Bee: A gathering of quilters who are not available for day meetings, or just want another chance to sit and chat with other quilters. Some bring machines, others bring hand work. One can attend for all or some of the scheduled time.

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 group meets monthly to work on Quilts of Valor, given to local veterans and active service members. Materials, patterns and other quilting needs supplied. Many bring machines but some come to help press or cut. All experience levels welcome.

Rick Fifield Concert: Music from Roy Orbison to Jimmy Buffet & Everything in Between.

Senior Moments Players: If you ever wanted to be part of a Drama /Comedy group this is for you! No experience is necessary, No Memorizing Scripts. We do "Readers Theatre" Scripts. If you want to have fun, please join us!

Smart Phone Technology: One on one assistance with your smart phone, please call 910-947-4483 to schedule your individual appointment.

Virtual Audiology and the Brain: Dr. Kathy Dowd, Au.D., Executive Director of the Audiology Project Dr. Brittany Brown, Au.D., CCC-A Owner of Audiology of the Sandhills. Join us for this Panel discussion on the importance of Audiology and the Brain.

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