

Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
<p>SEC Closed for New Year's Holiday</p> <p>2017</p>	<p>1-3 Mixed Media Art Workshop 1-4 Mah Jongg 2-5 Chess 5:30 Line Dance Instruction</p>	<p>10-11 Knitting 11:15-12:30 Piano Your Way 1:30-3:30 Shuffleboard 1-4 Hand & Foot Card Game</p>	<p>12:30-4 Pinochle 1-4 Canasta 1:30-2 Pickleball Instruction 2-3 Pickleball 7-9 Sandhills Chess Club 7-9 Square Dancing</p>	<p>10-12 Euchre 1:30-4 Mah Jongg 2-4 Rug Hooking</p>	<p>10:30-12: Advanced/ Intermediate Line Dance</p>
9	10	11	12	13	14
<p>10-12 Beginner Watercolors 1-3 Watercolors</p>	<p>*10-12 Greeting Card Workshop 1-3 Mixed Media Art Workshop 1-4 Mah Jongg 1:30-3:30 SQG Applique 2-5 Chess 5:30 Line Dance Instruction</p>	<p>10-11 Knitting 11:15-12:30 Piano Your Way 1:30-3:30 Shuffleboard <u>2-4 Powerful Tools for Caregivers</u></p>	<p><u>10-12 Cooking With Mamie</u> 12:30-4 Pinochle 1-4 Canasta 1:30-2 Pickleball Instruction 2-3 Pickleball 7-9 Sandhills Chess Club 7-9 Ballroom Dance Practice</p>	<p>10-12 Euchre 1:30-4 Mah Jongg</p>	<p>SEC Closed for Martin Luther King Jr. Holiday</p>
16	17	18	19	20	21
<p>SEC Closed for Martin Luther King Jr. Holiday</p>	<p>1-3 Mixed Media Art Workshop 1-4 Mah Jongg 2-5 Chess 5:30 Line Dance Instruction</p>	<p>10-11 Knitting 11:15-12:30 Piano Your Way 1:30-3:30 Shuffleboard <u>2-4 Powerful Tools for Caregivers</u></p>	<p>12:30-4 Pinochle 1-4 Canasta 1:30-2 Pickleball Instruction 2-3 Pickleball <u>4-5 Neck Pain and Headaches</u> 7-9 Sandhills Chess Club 8-9:30 Square Dancing</p>	<p><u>*9-1 Reiki I</u> 10-12 Euchre 1:30-4 Mah Jongg 2-4 Rug Hooking</p>	<p><u>*9-1 Reiki I</u></p>
23	24	25	26	27	28
<p>10-12 Beginner Watercolors 1-3 Watercolors</p>	<p><u>1-2:30 Telephonic Alzheimer's Family Caregiver Support Group</u> 1-3 Mixed Media Art Workshop 1-4 Mah Jongg 2-5 Chess 5:30 Line Dance Instruction</p>	<p>10-11 Knitting 11:15-12:30 Piano Your Way 1-3 Machine Embroidery 1-4 Hand & Foot Card Game 1:30-3:30 Shuffleboard <u>2-4 Powerful Tools for Caregivers</u></p>	<p>12:30-4 Pinochle 1-4 Canasta 1:30-2 Pickleball Instruction 2-3 Pickleball 7-9 Sandhills Chess Club 8-9:30 Ballroom Dance Practice</p>	<p>10-12 Euchre 1:30-4 Mah Jongg</p>	<p>10:30-12: Advanced/ Intermediate Line Dance</p>
30	31	<p>8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle) Hours: Mon·Wed·Fri 7:00am-5:00pm Tues·Thurs 7:00am-10:00pm Sat 8:00am-1:00pm (910)215-0900</p>			<p><i>*Denotes programs that require a fee. Please refer to the flip side of this calendar for the amount.</i></p>
<p>10-12 Beginner Watercolors 1-3 Watercolors <u>4-5 Memory Monday</u></p>	<p>1-3 Mixed Media Art Workshop 1-4 Mah Jongg 2-5 Chess 5:30 Line Dance Instruction</p>				

SEC Activity Descriptions

We ask that you call 215-0900 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!
- **Ballroom Dance Practice:** Grand Hall floor will be open at the designated time on the calendar for any who wish to practice their dancing skills. Bring your own music and cd player.
- **Beginner Watercolors:** This course for beginners is taught by Gabriel Roy and lasts for 9 weeks. *You must speak with instructor before attending the first class. Front desk staff will take your name phone number or email address and will have the instructor contact you.*
- **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.
- **Cooking With Mamie:** Learn how to prepare a simple, elegant meal you'd be proud to serve to guests. This month's menu will be ham slices with rice, peas and collards and black forest chocolate pudding.
- **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. \$10.00 material fee. Seating limited, we take reservations starting the 1st of each month. Must call to reserve a space.
- **Hand & Foot Game:** An exciting variation of Canasta. Instruction available.
- **Holiday Open House:** Come join the Senior Center staff for refreshments and holiday cheer!
- **Knitting:** Austine White will teach beginners or provide guidance to experienced knitters. Bring #9 or #10 circular needles and a skein of yarn.
- **Line Dance Instruction:** What a fun way to get your exercise! Beginners and those with experience welcome.
- **Machine Embroidery:** This is a discussion group that will explore some of the uses of machine embroidery, products used to insure 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.
- **Memory Monday:** "Post-operative Mental Confusion in Older Adults: Are You at Risk?" Karen D. Sullivan, Ph.D. ABPP Clinical Neuropsychologist with Pinehurst Neuropsychology will present on this topic
- **Mixed Media Art Workshop:** Have a painting, pastel, sketch project and would like to work on it in good company? This workshop is for you! All levels welcome. Bring your project and supplies and make new friends!
- **New Horizon's Band Holiday Concert:** New Horizon's Band is made up of musicians age 50+ and they will be here at the Senior Center play our favorite holiday tunes!
- **Neck Pain and Headaches:** Karen Backall, PT with Appalachian Physical Therapy will give a presentation on the causes and tips for relief of neck pain and headaches.
- **Piano Your Way:** Bob Lewis teaches those with piano experience to "play by ear."
- **Pickleball Instruction:** This is a small session to teach those with no experience the basics of this fun game!
- **Pickleball:** Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.
- **Pinochle:** This popular card game is open to anyone. Instruction available.
- **Powerful Tools for Caregivers:** Learn effective strategies to better handle the unique challenges you may face as a caregiver. During this six week series, caregivers will learn tools to take care of yourself & reduce stress, communicate your feelings and needs, address communication challenges, learn from your emotions, and master caregiving decisions. Call Yarona Thomas at 215-0900 to register.
- **Reiki I:** Reiki is a Japanese technique for stress reduction and relaxation that promotes healing.
- **Rug Hooking:** This fun group meets to share their work and techniques with each other.
- **Sandhills Chess Club:** Chess players gather to teach the inexperienced how to play and to challenge those who already know the rules of the game.
- **Sewing Workshop:** 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.
- **Square Dancing:** If you love to square dance or just like to watch them dance, come join this fun group!
- **Telephone Alzheimer's Family Caregiver Support Group:** This monthly telephonic Alzheimer's Caregiver Support Group provides a positive and supportive environment for Alzheimer's caregivers. This is a telephone-based forum where caregivers care share their stories, reflect on experiences, voice their concerns and connect with others in similar situations. Call 910-947-4402 the fourth Tuesday of each month at 1:00pm to join.
- **Watercolors:** Join Gabriel Roy as he instructs this class in the art of painting watercolor masterpieces!