



Spring Lake Sr. Enrichment Center

301 Ruth St. Spring Lake NC 28390

(910) 497-7700



AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Aerobics 8:30 -9:30am Crafts w/Heather 9am Pottery 10am-12pm Chair Yoga 10am Tops Club Inc. 5:30pm weigh in Susan Baggett on Suicide 10am</p>	<p>2 Aerobics 8:30-9:30am Crafts w/Heather 9am Porcelain Dolls 10am on you on Chair Salsa 10am Bingo w/ Tino 12-2pm Beginner Typing 1-2pm Full How to E-Mail 2-3pm Full Blood Pressure Checks 12-12:30</p>	<p>3 Crafts w/ Heather 8:30-9:30am Aerobics 8:30-9:30am Coloring Hour 10-11am Bible Study Class w/ Rev. Simpson 11am Learn How to Pray w/ Rev. Simpson 12am Microsoft Word 1-2pm Full Facebook Workshop 2-3pm Full</p>	<p>4 Aerobics 8:30-9:30am Crafts w/Heather 9am Chair Thai Chi 10-11am Knitting 10-12pm Pokeno 1-3pm Blood Pressure Checks 12pm-12:30pm Bowling League Games 1pm Airborne Lanes</p>	<p>5 Chair Boxing 9-10am Crafts w/Heather 9am Quilting 9-10am Crocheting 10am-12pm Sewing 10:30am-12:30pm Checkers 11-12pm Chess 1-2pm Bid Whist 2-3pm</p>	6
7	<p>8 Aerobics 8:30 -9:30am Crafts w/Heather 9am Pottery 10am-12pm Chair Yoga 10am Sr. Club Meeting 12 pm Tops Club Inc. 5:30pm</p>	<p>9 Aerobics 8:30-9:30am Crafts w/Heather 9am Porcelain Dolls 10am on you on Chair Salsa 10am Bingo w/ Tino 12-2pm Beginner Typing 1-2pm Full How to E-Mail 2-3pm Full Blood Pressure Checks 12-12:30</p>	<p>10 Crafts w/ Heather 8:30-9:30am Aerobics 8:30-9:30am Coloring Hour 10-11am Bible Study Class w/ Rev. Simpson 11am Learn How to Pray w/ Rev. Simpson 12am Microsoft Word 1-2pm Full Facebook Workshop 2-3pm Full</p>	<p>11 Aerobics 8:30-9:30am Crafts w/Heather 9am Chair Thai Chi 10-11am Knitting 10-12pm Pokeno 1-3pm Blood Pressure Checks 12pm-12:30pm Bowling League Games 1pm Airborne Lanes</p>	<p>12 Sr. Advisory Meeting 8:30am Chair Boxing 9-10am Crafts w/Heather 9am Quilting 9-10am Crocheting 10am-12pm Sewing 10:30am-12:30pm Monthly B-Day 12pm Checkers 11-12pm Chess 1-2pm Bid Whist 2-3pm</p>	13
14	<p>15 Aerobics 8:30 -9:30am Crafts w/Heather 9am Pottery 10am-12pm Chair Yoga 10am Sr. Club Meeting 12 pm Tops Club Inc. 5:30pm weigh in</p>	<p>16 Aerobics 8:30-9:30am Crafts w/Heather 9am Porcelain Dolls 10am on you on Chair Salsa 10am Bingo w/ Tino 12-2pm Beginner Typing 1-2pm Full How to E-Mail 2-3pm Full Blood Pressure Checks 12-12:30</p>	<p>17 Crafts w/ Heather 8:30-9:30am Aerobics 8:30-9:30am Coloring Hour 10-11am Bible Study Class w/ Rev. Simpson 11am Learn How to Pray w/ Rev. Simpson 12am Microsoft Word 1-2pm Full Facebook Workshop 2-3pm Full</p>	<p>18 Aerobics 8:30-9:30am Crafts w/Heather 9am Chair Thai Chi 10-11am Knitting 10-12pm Pokeno 1-3pm Blood Pressure Checks 12pm-12:30pm Drawing w/Anthony 10:30am-12:30pm</p>	<p>19 Chair Boxing 9-10am Crafts w/Heather 9am Quilting 9-10am Crocheting 10am-12pm Sewing 10:30am-12:30pm Checkers 11-12pm Chess 1-2pm Bid Whist 2-3pm</p>	20
21	<p>22 Aerobics 8:30am Crafts w/Heather 9am Chair Yoga 10am Pottery 10-12pm Tops Club Inc. 5:30pm weigh in</p>	<p>23 Aerobics 8:30-9:30am Crafts w/Heather 9am Porcelain Dolls 10am on you on Chair Salsa 10am Bingo w/ Tino 12-2pm Beginner Typing 1-2pm Full How to E-Mail 2-3pm Full Blood Pressure Checks 12-12:30pm</p>	<p>24 Crafts w/ Heather 8:30-9:30am Aerobics 8:30-9:30am Coloring Hour 10-11am Bible Study Class w/ Rev. Simpson 11am Learn How to Pray w/ Rev. Simpson 12am Microsoft Word 1-2pm Full Facebook Workshop 2-3pm Full</p>	<p>25 Aerobics 8:30-9:30am Crafts w/Heather 9am Chair Thai Chi 10-11am Knitting 10-12pm Drawing w/Anthony 10:30am-12:30pm Pokeno 1-3pm Blood Pressure Checks 12pm-12:30pm Bowling League Sign-ups 12pm</p>	<p>26 Chair Boxing 9-10am Crafts w/Heather 9am Quilting 9-10am Crocheting 10am-12pm Sewing 10:30am-12:30pm Checkers 11-12pm Chess 1-2pm Bid Whist 2-3pm</p>	27
28	<p>29 Aerobics 8:30am Crafts w/Heather 9am Chair Yoga 10am Pottery 10-12pm Tops Club Inc. 5:30pm weigh in</p>	<p>30 Aerobics 8:30-9:30am Crafts w/Heather 9am Porcelain Dolls 10am Chair Salsa 10am Bingo w/ Tino 12-2pm Beginner Typing 1-2pm Full How to E-Mail 2-3pm Full Blood Pressure Checks 12-12:30</p>	<p>31 Crafts w/ Heather 8:30-9:30am Aerobics 8:30-9:30am Coloring Hour 10-11am Bible Study Class w/ Rev. Simpson 11am Learn How to Pray w/ Rev. Simpson 12am Microsoft Word 1-2pm Full Facebook Workshop 2-3pm Full</p>	<p>ANTHONY IS BACK!!!!</p>		30

Free Depression Screenings Monday August 1ST, 2016 10am

Sandhills Health&Wellness Walking Club Every Week M-W-F 8-9am except Holidays(Spring Lake Path to Fitness w/Doris Lucas