

OCTOBER 2022 PROGRAMS & ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY ACTIVITIES	10:00 - Bridge 10:00 - Stretch & Flex 11:00 - Caregiver Support Group (2nd and 4th Mon.) 12:00 - Pinochle 1:00 - Tatting on Zoom 12:00 - Beginning Line Dance\$ 1:00 - Line Dance \$6 2:00 - <i>New!</i> Chair Yoga I \$5 3:30 - Square Dance \$6	9:30 - Bee Quilters 10:00 - Acoustic Jam Session 10:00 - Stretch & Flex 12:00 - Hand & Foot 12:30 - Bridge 1:00 - Books Ignite Book Club (3rd Tues.)	9:00 - 12:00 Computer Lab By Appointment \$5 Donation 10:00 - Tai Chi \$5 10:00 - Games & Conversation 10:00 - American Sewing Guild (3rd Wed.) \$ Dues 12:30 - Mah Jongg 1:00 - Basket Weaving \$ Kit Fee 1:00 - Bowling - Countryside Lanes\$ 1:00 - Open Watercolor Studio	10:00 - Stretch & Flex 10:00 - Needle Arts 12:00 - Pinochle 1:00 - Chair Yoga II \$5 2:15 - Beginner Square Dance 4:00 - Tedder Bear Stamping on YouTube	9:00 - 12:00 Computer Lab By Appointment \$5 Donation 9:00 - Rubber Stamping with Mona (2nd Fri.) \$ <i>Kit Fee</i> 9:00 - 3:30 Sit-n-Sew (3rd Fri.) 10:00 - Bingo 12:00 - Hand & Foot 1:00 - Movie Matinee (2nd Fri.) 5:00 - Rubber Stamping with Mona (1st Fri.) \$ <i>Kit Fee</i>
SPECIAL PROGRAMS	3 2:00 - <i>New!</i> Chair Yoga I \$5 1:00 - Beginner Ukulele Lessons\$ 2:30 - Intermediate Ukulele Lessons\$	4 1:00 - Tap Dance Lessons	5 1:00 - Crochet Lessons\$	6 10:00 - Trivia Pursuit 10:00 - Beginner Pickleball Lessons\$ 4/4 11:30 - Acoustic Jam Session 1:00 - Drawing Class Interest Mtg	7 <div style="text-align: center;">32nd Annual Golf Tournament Fundraiser at Pine Knolls</div>
	10 10:00 - Fire Safety Class 2:00 - <i>New!</i> Chair Yoga I \$5 1:00 - #1 Ukulele Lessons \$ 2:30 - #2 Ukulele Lessons \$	11 1:00 - Men! How Are Your Numbers? 1:00 - Tap Dance Lessons	12 10:00 - Read the Room - Dr. Bill Greenwood: <i>Be the Bridge, Closing the Gaps in a Divided World</i> 12:00 - Watercolor Lessons\$ 1:00 - Crochet Lessons\$	13 10:00 - Pickleball \$ 1/3 11:00 - Acoustic Jam Session 11:30 - Recipe Share Time - October Theme: Appetizers 1:00 - Chair Yoga II Cancelled	14 10:00 - Fall /Christmas Craft Sponsored by Arbor Ridge at Kernersville and Kerner Ridge 1:00 - Game Day Sponsored by Ladies of Kernersville
	17 1:00 - #1 Ukulele Lessons \$ 2:30 - #2 Ukulele Lessons \$ 2:00 - <i>New!</i> Chair Yoga I \$5	18 1:00 pm - Men! How Are Your Numbers? 1:00 - Tap Dance Lessons	19 9:00 - 2:00 - SHIP Counseling By Appointment Only 9:00 - How to Grow a Fall Garden 12:00 - Watercolor Lessons\$ 1:00 - Crochet Lessons\$	20 10:00 - Pickleball \$ 2/3 11:00 - Acoustic Jam Session 1:00 - Halloween Candy Mason Jar Craft\$	21 2:00 - Social Media School: Facebook
	24 1:00 - #1 Ukulele Lessons \$ 2:30 - #2 Ukulele Lessons \$ 2:00 - <i>New!</i> Chair Yoga I \$5	25 9:00 - 2:00 - SHIP Counseling By Appointment Only 1:00 pm - Men! How Are Your Numbers? 1:00 - Tap Dance Lessons	26 12:00 - Watercolor Lessons\$ 1:00 - Crochet Lessons\$	27 10:00 - Pickleball \$ 3/3 11:00 - Acoustic Jam Session 1:00 - Learn How to Tie a Perfect Bow	28 10:00 - Fun Fold Christmas Cards 11:30 - Halloween Covered Dish Luncheon
	31 2:00 - <i>New!</i> Chair Yoga I \$5 1:00 - #1 Ukulele Lessons \$ 2:30 - #2 Ukulele Lessons \$	The Shepherd's Center of Kernersville Senior Center 636 Gralin St. Kernersville, NC 27284		\$ Fees Apply	RSVP 2 business days in advance by calling 336-992-3180.