

A&C- Arts & Crafts Room - BH - Banquet Hall - B - Board Room - CR - Card Room MP - Multi-Purpose Room - D - Dining - BR- Billiard - L- Lobby

Programs, Activities & Support Groups Open to Community at No Charge (Shown with *)

Coffee Klatch*	Mondays - 9AM - 10:30AM	D	Ongoing	Donations Accepted
TOPS Group*	Mondays - 9:30AM-11AM	AC	Ongoing	Donations Accepted
Tai Chi-Arthritis Prevention*	Mondays 9:30AM - 10:45AM	BH	TBD	Waitlist Only
Computer Help*	Mondays -10:30AM - Noon	PC	Ongoing	
Beginner Tap II*	Mondays, 2:00PM - 3:00PM	MP	Ongoing	Register in the Library
Zumba Tone*	Mondays, 3:30PM - 4:30PM	MP	Ongoing	Register in the Library
Diabetes Information Session*	1st Monday, 12:30PM-1:30PM	A&C	Ongoing	
Pilates*	Tuesdays 6PM-7PM	MP	Ongoing	Sign up in the Library
Smart Phone & Tablet Help*	2nd Tuesday 10:30AM	PC	Ongoing	No Meeting in April
Zumba Gold*	Wednesdays, 11AM-Noon	MP	Ongoing	Register in the Library
Novant Seminar*	1st Wednesday - 1PM-2PM	BH	Ongoing	No June or July Seminar
Blinded Veterans Meeting*	2nd Wednesday, 10AM-Noon	BH	Ongoing	
Intermediate Tap*	Thursdays, 9:30AM - 10:30AM	MP	Ongoing	Register in the Library
Happy Times Club*	Thursdays, 10AM-1PM	BH	Ongoing	Donations Accepted
Beginner Tap I*	Thursdays, 3PM-4PM	MP	Ongoing	Register in the Library
SHIIP Counseling*	Thursdays, By appt only	PC	Ongoing	Sign up in Office
Veterans Canteen*	1st Thursday, 9AM-10AM	MP	Ongoing	
Spanish Conversation*	Fridays, 1PM-2:30PM	PC	Ongoing	
Zumba Gold*	Fridays, 1:30PM - 2:30PM	MP	Ongoing	Register in the Library
Women's Health Lunch & Learn*	Wednesday, 10AM - 1PM	BH	5/1/2019	Register in the Library
Ask the Expert*	Friday, 10AM - 11AM	L	5/3/2019	
Cinco De Mayo Funday*	Monday, 2:30PM - 3:30PM	D	5/6/2019	Register in the Library
Senior Games Performing Arts*	Tuesday, 6PM-7PM	BH	5/7/2019	
Fire Safety & Extinguisher Demo*	Thursday, 10AM	MP	5/9/2019	
Jewelry Class*	Tuesday, 1PM- 3PM	AC	5/14/2019	Register in the Library
Ladies Spring Tea & Fashion Show	Saturday, 2PM-4PM	BH	5/18/2019	Tickets on Sale in Library
The Healthy U*	Tuesday, 11AM - Noon	B	5/21/2019	
Hearing Clinic*	Thursday, 10AM	L	5/23/2019	
LSC Social	Thursday, 5PM-8PM	BH	5/23/2019	Tickets sold at the Door
Senior Health & Fitness Day*	Thursday, 10AM - 2PM	BH	5/30/2019	Register in the Library
Safety Lunch & Learn*	Friday, 10AM - 1PM	BH	6/21/2019	Register in the Library

Evidence Based Classes*:	Living Healthy, Living Healthy with Diabetes & Matter of Balance	No Charge - Sign up in the Library
Bereavement Support Group - Free	Mondays 5:00PM to 6:30PM Coming Soon!	Call 704-384-8142 Registration is required

Drop in Activities:

Horse Shoes, Puzzles & Library

Bocce Ball, Corn Hole

Support Groups - No Charge

Grief Education - 2nd Friday of Month @ 10AM

Caregivers 2nd & 4th (T) 9:30-11:30AM (B)

State of the Center

May 13, 2019 5:30PM

May 23, 2019 2PM

May 28, 2019 11AM

Please register in the Library if you will be attending one of these sessions.

Do you like to laugh or make jokes? Our Improv Team is looking for a couple more Improvisers. If you are interested, they meet Fridays 3PM to 4PM, starting May 3rd for 8 weeks. Stop by and join in on the fun.

Center Partnership for Adults 50 and Older

Activities Included with Partnership

Game:	Date & Time	Room
Bingo	Fridays 10AM - Noon	A&C
Billiards	Drop-In	BR
Social Bridge	Tuesdays 1PM-3PM	B
Inter. Bridge	Wednesdays 10AM-12:30PM	B
Busy Hands	Wednesdays 10AM - 3PM	A&C
Busy Hands Sewing	Thursdays 9AM-Noon	A&C
Canasta Hand/Foot	Mondays & Fridays 1PM-4PM	B/A&C
Mah Jongg	Thursdays 12:45PM-4PM	B
Pinochle	Wednesdays 1PM-4PM	B
Poker	Tues. & Fridays 12:30PM-4PM	CR
Rummy	Wednesdays 1-4PM	CR



Accepting Silver Sneakers® Silver& Fit® & Renew Active® Participants

LSC Social, May 23, 2019 5PM-8PM. Come join us for a relaxed and fun evening with friends. \$5 at the door.