



December 2016

Bobby H. Knight Senior Services Building

278 Meroney Street, Mocksville, NC

336-753-6230



Thursday, December 1

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Davie County Singing Seniors - 10:00am - Multipurpose Room B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ Texas Hold 'Em - 1:00pm - Classroom A
- ◆ Beginners Line Dance - 6:00pm - Exercise Room

Friday, December 2

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Tatting - 10:00am - Classroom B

Saturday, December 3

- ◆ Saturday Morning Breakfast - 9:30am - Multipurpose Rooms A & B

Monday, December 5

- ◆ Bowling - 8:30am - Parks & Recreation
- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Art - 9:00am - Multipurpose Room B
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Quilting - 10:00am - Classrooms A & B
- ◆ Ask The Doctor - 10:45am - Multipurpose Room A
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Scrabble - 1:00pm - Classroom B
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ Android Phones: Beginners - 4:00pm - Media Room
- ◆ Android Tablets: Beginners - 6:00pm - Media Room
- ◆ After Five Fitness - 6:00pm - Exercise Room
- ◆ Piedmont Power Association - 7:00pm - Multipurpose Rooms A & B

Tuesday, December 6

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Blood Pressure Screenings - 10:45am - Multipurpose Room A
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ SHIP Counseling - Tuesdays & Thursdays - 12:00pm - **By Appointment Only**
- ◆ Android Phones: Beginners - 4:00pm - Media Room
- ◆ Android Tablets: Beginners - 6:00pm - Media Room
- ◆ Dance Party Aerobics - 6:15pm - Exercise Room

Wednesday, December 7

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Woodcarving - 9:00am - Classrooms A & B
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Medicare Part D Open Enrollment Period Event - 10:00am - 4:00pm - **By Appointment Only**
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Skip-Bo - 1:00pm - Classroom A
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Duplicate Bridge - 1:30pm - Multipurpose Room A
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ Android Phones: Beginners - 4:00pm - Media Room
- ◆ Android Tablets: Beginners - 6:00pm - Media Room
- ◆ After Five Fitness - 6:00pm - Exercise Room

Thursday, December 8

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Davie County Singing Seniors - 10:00am - Multipurpose Room B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ Texas Hold 'Em - 1:00pm - Classroom A
- ◆ Sharing & Caring - 1:00pm - Classroom B
- ◆ Android Phones: Beginners - 4:00pm - Media Room
- ◆ Android Tablets: Beginners - 6:00pm - Media Room
- ◆ Beginners Line Dance - 6:00pm - Exercise Room

Friday, December 9

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Tatting - 10:00am - Classroom B
- ◆ Christmas Party - 2:00pm - Multipurpose Rooms A & B

Monday, December 12

- ◆ Bowling - 8:30am - Parks & Recreation
- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Art - 9:00am - Multipurpose Room B
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Quilting - 10:00am - Classrooms A & B
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Scrabble - 1:00pm - Classroom B

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- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ iPhone: Beginners - 4:00pm - Media Room
- ◆ iPad: Beginners - 6:00pm - Media Room
- ◆ After Five Fitness - 6:00pm - Exercise Room

Tuesday, December 13

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ SHIP Counseling - Tuesdays & Thursdays - 12:00pm - **By Appointment Only**
- ◆ Got Plans? Advance Care Planning Workshop - 1:00pm - Multipurpose Room B
- ◆ Scrapbooking - 2:00pm - Classroom B
- ◆ iPhone: Beginners - 4:00pm - Media Room
- ◆ iPad: Beginners - 6:00pm - Media Room
- ◆ Dance Party Aerobics - 6:15pm - Exercise Room
- ◆ Alzheimer's Support Group - 6:30pm - Classroom B

Wednesday, December 14

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Woodcarving - 9:00am - Classrooms A & B
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Skip-Bo - 1:00pm - Classroom A
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Duplicate Bridge - 1:30pm - Multipurpose Room A
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ iPhone: Beginners - 4:00pm - Media Room
- ◆ iPad: Beginners - 6:00pm Media Room
- ◆ After Five Fitness - 6:00pm - Exercise Room

Thursday, December 15

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Davie County Singing Seniors - 10:00am - Multipurpose Room B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ Texas Hold 'Em - 1:00pm - Classroom A
- ◆ Bingo - 1:00pm - Multipurpose Room B
- ◆ iPhone: Beginners - 4:00pm - Media Room
- ◆ iPads: Beginners - 6:00pm - Media Room
- ◆ Beginners Line Dance- 6:00pm - Exercise Room

Friday, December 16

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Tatting - 10:00am - Classroom B

Monday, December 19

- ◆ Bowling - 8:30am - Parks & Recreation
- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Art - 9:00am - Multipurpose Room B

- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Quilting - 10:00am - Classrooms A & B
- ◆ Tax Exemption Seminar - 10:45am - Multipurpose Room A
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Scrabble - 1:00pm - Classroom B
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Monthly Movie - 1:00pm - Multipurpose Rooms A & B
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ After Five Fitness - 6:00pm - Exercise Room
- ◆ Davie County Quilt Guild - 6:30pm - Multipurpose Rooms A & B

Tuesday, December 20

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Division of Deaf & Hard of Hearing - 9:30am - Classroom B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ SHIP Counseling - Tuesdays & Thursdays - 12:00pm - **By Appointment Only**
- ◆ Senior Book Club - 1:30pm - Classroom A
- ◆ Dance Party Aerobics - 6:15pm - Exercise Room

Wednesday, December 21

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Woodcarving - 9:00am - Classrooms A & B
- ◆ Line Dancing - 9:45am - Exercise Room
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Skip-Bo - 1:00pm - Classroom A
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Duplicate Bridge - 1:30pm - Multipurpose Room A
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ After Five Fitness - 6:00pm - Exercise Room

Thursday, December 22

- ◆ Line Dancing - 8:45am - Exercise Room
- ◆ Davie County Singing Seniors - 10:00am - Multipurpose Room B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ Texas Hold 'Em - 1:00pm - Classroom A
- ◆ Sharing & Caring - 1:00pm - Classroom B
- ◆ Beginners Line Dance - 6:00pm - Exercise Room

Friday, December 23

CLOSED - CHRISTMAS HOLIDAY

Saturday & Sunday, December 24 & 25

CLOSED - CHRISTMAS HOLIDAY



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Monday, December 26

CLOSED - CHRISTMAS HOLIDAY

Tuesday, December 27

CLOSED - CHRISTMAS HOLIDAY

Wednesday, December 28

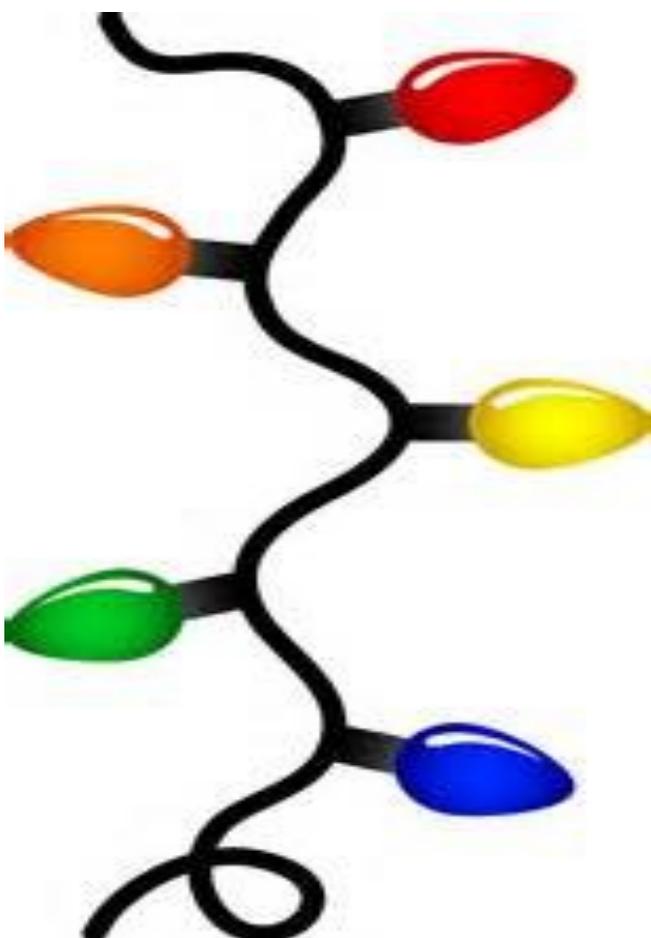
- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Woodcarving - 9:00am - Classrooms A & B
- ◆ Line Dance - 9:45am - Exercise Room
- ◆ Yoga - 11:00am - Exercise Room - **pre-registered participants only**
- ◆ Skipbo - 1:00pm - Classroom A
- ◆ Yoga - 1:00pm - Exercise Room - **pre-registered participants only**
- ◆ Duplicate Bridge - 1:30pm - Multipurpose Room A
- ◆ Yoga - 2:00pm - Exercise Room - **pre-registered participants only**
- ◆ Yoga - 3:00pm - Exercise Room - **pre-registered participants only**
- ◆ After Five Fitness - 6:00pm - Exercise Room

Thursday, December 29

- ◆ Line Dance - 8:45am - Exercise Room
- ◆ Davie County Singing Seniors - 10:00am - Multipurpose Room B
- ◆ M.A.D.E. - 11:00am - Exercise Room
- ◆ Texas Hold 'Em - 1:00pm - Classroom A
- ◆ Beginners Line Dance - 6:00pm - Exercise Room

Friday, December 30

- ◆ SilverHealth Exercise - 8:30am - Exercise Room
- ◆ Morning Wake-Up - 9:00am - Exercise Room
- ◆ Line Dance - 9:45am - Exercise Room
- ◆ Tatting - 10:00am - Classroom B



- * **FARMINGTON SITE** - Senior Services also has lunch & activities at our Farmington site, located in the Farmington Community Center. Call for details.
- * **SATURDAY HOURS** - Senior Services' Mocksville site is open Saturdays from 9 - 1. Use the Fitness Room, the Computer Lab, or another of our drop-in activities.
- * **WALKING @ PARKS & REC.** - Walking is available for seniors - Monday - Friday - 6:30am - 9:00am.
- * **SENIOR LUNCHBOX** - Lunch served daily Monday - Wednesday - 11:30am; Thursdays & Fridays - 11:00am - You must call by 12:00 noon the day before to order your meal.
- * **FITNESS ROOM** - Our Fitness Room is available Monday -Thursday - 8:00am - 8:00pm, Fridays 8:00am - 5:00pm & Saturdays 9:00am - 1:00pm. See a staff person today to set up your training appointment.
- * **COMPUTER LAB** - Our Media Room is filled with computers that are available for use whenever a class is not in session.
- * **DROP IN AREA** - Many activities are available on a drop-in basis. These include: card & board games, puzzles, checkers & chess, darts, ping pong, books & magazines, & the Wii. In order to make our activities more accessible, Braille playing cards & die are now available.

Happy Holidays