

FEBRUARY 2023

CLASS CALENDAR (SEE REVERSE SIDE FOR EVENTS)

Senior Center Hours: Monday, Tuesday, Thursday 8am – 8pm

GASTON COUNTY SENIOR CENTER

1303 DALLAS-CHERRYVILLE HWY * DALLAS, NC * 704-922-2170

Wednesday 8am – 5pm

Friday 8am – 12pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FREE classes: Basketweaving, Game Night (including Chess with Ramsey), Wellness & Computer Room, Library			1 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance	2 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance	3 9:00 Seniorcise	4
5	6 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance	7 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance 12:30-4:00 Bridge 5:00 Game Night including Chess with Ramsey	8 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance	9 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance	10 9:00 Seniorcise	11
12	13 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance 12:30-4:00 Bridge – Day has been switched this week only.	14 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance 5:00 Game Night including Chess with Ramsey	15 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance	16 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance	17 9:00 Seniorcise	18
19	20 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance	21 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance 12:30-4:00 Bridge 5:00 Game Night including Chess with Ramsey	22 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance	23 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance	24 9:00 Seniorcise	25
26	27 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance	28 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance 12:30-4:00 Bridge 5:00 Game Night including Chess with Ramsey	\$2 Classes: Line Dancing, Zumba, Seniorcise, Senior Yoga, Use It or Lose It, Dance Fitness			

“Gaston County strives to ensure that people with disabilities have an equal opportunity to access its programs, services, and activities. If you will require assistance to participate in a program, service or activity of Gaston County, we request that you contact our office at least 5 business days before the event.”

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<p>It's time to gear up for Senior Games! Are you ready? Make sure to come pick up a 2023 packet on February 4 to get signed up for your favorite sport or art program!</p>			1	2	3 10:30 Music Jam in Activity Room	4 10:00 – 12:00 Senior Games Kickoff in A&D
5	6 12:00 Lunch & Learn: "Crime Prevention" in Room C. Must sign up. Space limited. 6:00 Partner Line Dance	7	8	9 1:00 "Seasonal Depression" in Activity Room. Must sign up.	10	11
12	13 6:00 Partner Line Dance	14 2:00 – 4:00 Valentine's Day Party in A&D. Must sign up.	15 10:00 Tech Talk 1:00 Book Club in multipurpose room	16 9:00 – 11:00 Operation Medicine Dropoff in multipurpose room 1:00 Card Stamping in Activity Room. Contact Esther Boyle at 704-860-3646	17	18 8:00am – 8:00pm Card Stamping in Activity Room. Contact Esther Boyle at 704-860-3646 for information. 10:00 – 4:00 Senior Games Open Play in Dallas Park – Bocce, pickleball, cornhole, croquet
19	20 1:00 Muffins and Medicare 101 with Bob Panek from Aetna in Activity Room. Must sign up. 6:00 Partner Line Dance	21	22	23 1:00 Lunch & Learn: "Hillcrest Gardens" in Activity Room. Must sign up. Space limited. 5:30 Senior Games Billard & Darts practice at Rock House Grill & Billards.	24	25 2:00 Big Sister Team Building: South African Dance Workshop.
26	27 3:00 BINGO! 6:00 Partner Line Dance	28	<p>The 2023 AARP Tax season runs from February 6 – April 18 (Monday, Tuesday, and Wednesday from 9 – 12). Have you signed up to get your taxes done? See the front desk to make an appointment.</p>			

For Senior Games questions, please contact Gil at 704-922-2161. Thank you.