

JUNE 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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>FREE Classes: Basketweaving, Game Night, Wellness & Computer Room, Library, Duplicate Bridge</p> <p>\$2 Classes: Line Dancing, Zumba, Seniorcise, Senior Yoga, Use It or Lose It</p>			<p>1 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced)</p>	<p>2 9:00 Seniorcise</p>	3	4
<p>5 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner)</p>	<p>6 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night including Chess with Ramsey</p>	<p>7 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner)</p>	<p>8 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced)</p>	<p>9 9:00 Seniorcise</p>	10	<p>Be careful out in the summer heat! Make sure to stay hydrated and take breaks often while outside. If you begin to not feel well, find a place to get cooled down.</p>
<p>12 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner)</p>	<p>13 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night including Chess with Ramsey</p>	<p>14 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner)</p>	<p>15 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced)</p>	<p>16 9:00 Seniorcise</p>	17	
<p>19 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner)</p>	<p>20 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night including Chess with Ramsey</p>	<p>21 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner)</p>	<p>22 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced)</p>	<p>23 9:00 Seniorcise</p>	24	
<p>26 9:00 Seniorcise 10:00 Zumba 11:00 Line Dance (Beginner)</p>	<p>27 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced) 12:15 – 4 Duplicate Bridge 5:00 Game Night including Chess with Ramsey</p>	<p>28 9:00 Seniorcise 9:00 Basketweaving 10:00 Zumba 11:00 Line Dance (High Beginner)</p>	<p>29 9:00 Use it or Lose it 10:00 Senior Yoga 11:00 Line Dance (Advanced)</p>	<p>30 9:00 Seniorcise</p>		
<p>Water Aerobics at Bessemer City Pool begin on June 5. The class will be on M & W at 12pm. \$2 per class.</p>						

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<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Water Aerobics at Bessemer City Pool begin on June 5. The class will be on M & W at 12pm. \$2 per class.</p> </div>			1	2 10:30 Music Jam in Activity Room.	3	4
5 12:15 Basic Beginner II Line Dance Class. Contact Camelia at 704-604-0273	6	7	8 Legal Aide coming. Multipurpose Room closed 12:30-4:30.	9	10	11
12 12:00 L&L: Distracted Driving with Officer Chad Owens in Room C. Space limited. Must sign up. 12:15 Basic Beginner II Line Dance Class. Contact Camelia at 704-604-0273	13	14 1:00 "Ideas to Law" in Activity Room. Come learn how ideas get passed into law and what happens after it is written into a bill. Space limited. Must sign up.	15 1:00 Card Stamping with Esther Boyle. Contact her at 704-860-3646	16 11:00 Medicare 101 with Skipper and Sherry in Activity Room. Must sign up.	17	18
19 12:15 Basic Beginner II Line Dance Class. Contact Camelia at 704-604-0273	20 1:00 CART program with the Rotary Club. Come learn about Alzheimer's. Must sign up. 6:00 Senior Meeting in Rm B. John Stainback	21 10:00 Tech Talk 1:00 Book Club in multipurpose room.	22 1:00 HPDP Focus Group Meeting in Activity Room. Interested in evidence-based programming? This program is for you!	23	24	25
26 12:15 Basic Beginner II Line Dance Class. Contact Camelia at 704-604-0273 3:00 BINGO!	27	28 2:00 Family & Friends Community Courses: Adult CPR / AED in Activity Room. Must sign up.	29 2:00 Brain Health with AARP in Room C. Must sign up.	30		