


Pilot Mountain Senior Center September 2013
Mission Statement: To Enhance the Quality Of Life for Senior Adults

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>12:00 Rook Club 1:00 Dance Mix w/Tracie</p>	<p>4</p> <p>1:00 Arthritis Tai Chi</p>	<p>5</p> <p>12:30 Bridge Club</p>	<p>6</p> <p>Chair Massage (As Available)</p>
<p>9</p> <p>12:00 Knitting Club 12:30 Quilting Club</p>	<p>10</p> <p>12:00 Rook Club 1:00 Dance Mix w/Tracie</p>	<p>11</p> <p>1:00 Arthritis Tai Chi</p>	<p>12</p> <p>12:30 Bridge Club</p>	<p>13</p> <p>Chair Massage (As Available)</p> <p>12:00 PM Lunch & Learn (Nutrition Site)</p>
<p>16</p> <p>12:00 Knitting Club 12:30 Quilting Club</p>	<p>17</p> <p>12:00 Rook Club 1:00 Dance Mix w/Tracie</p>	<p>18</p> <p>1:00 Arthritis Tai Chi</p>	<p>19</p> <p>12:30 Bridge Club</p>	<p>20</p> <p>Chair Massage (As Available)</p>
<p>23</p> <p>12:00 Knitting Club 12:30 Quilting Club</p>	<p>24</p> <p>12:00 Rook Club 1:00 Dance Mix w/Tracie</p> <p>7:00 to 9:00 PM Senior Dance, \$5.00 Magnum Country Band Armfield Amphitheater / Senior Center if it rains</p>	<p>25</p> <p>1:00 Arthritis Tai Chi</p>	<p>26</p> <p>12:30 Bridge Club</p> <p>SENIOR FUN DAY (Mt. Airy) Faith Baptist Church 2:00 – 4:30 PM No charge.</p>	<p>27</p> <p>Chair Massage (As Available)</p>
<p>30</p> <p>12:00 Knitting Club 12:30 Quilting Club</p> <p>Cherokee, NC Day Trip</p> <p>Call Annalisa 786-6155 x222</p>	<p>DROP IN ACTIVITIES Reading, Puzzles, Cards, and Games</p> <p><i>Available When Classes/Programs Are Not in Session</i></p>	<p>PMSC Project Specialist</p> <p>Shirley Key 368-2012 x203</p>	 <p>YVEDDI YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.</p>	 <p>UNITED FUND OF SURRY</p> <p>MEMBER AGENCY</p>