

The

# SENIOR CONNECTION

A PUBLICATION OF THE ALEXANDER SENIOR CENTER



## JAN/FEB 2026



### OUR MISSION

Providing a focal point for aging resources, as well as opportunities to extend independent living and enrich the quality of life for older adults in Alexander County.

#### TAYLORSVILLE

730 7th Street SW

MON - THUR: 8:00 AM - 5:00 PM

FRI: 8:00 AM - 2:00 PM

#### BETHLEHEM

Mt. Pisgah Lutheran Church, 9379 Hwy-127 North

TUE & THUR: 8:00 AM - 4:30 PM

(closed 12:30-1:00 for lunch)

#### STONY POINT

431 Ruritan Park Rd

TUE: 10:00 AM - 12:00 PM

### Closed

January 2nd - New Year's Day

January 19th - Martin Luther King Jr. Day

### ALEXANDER SENIOR CENTER

730 7th Street SW, Taylorsville, NC

Phone: (828) 632-1717 | Fax: (336) 860-1647

Website: [www.alexandercountync.gov/senior-center](http://www.alexandercountync.gov/senior-center)

Facebook: [www.facebook.com/alexanderseniorcenter](http://www.facebook.com/alexanderseniorcenter)



*\*Please note there is no smoking permitted on the premises at the Senior Center, this includes the parking lot.\**

### AARP Tax Preparation

Our AARP tax preparers will be helping with taxes again next year. They will begin in February and finish up in April. These are Saturday appointments.

Call the Senior Center to schedule your appointment beginning in January.



### Voting in March

**Taylorsville Center will be closed on March 3rd for voting.**

Some Monday (3/2) and Wednesday (3/4) activities that are held in the big room may be affected.

Please contact staff for more information.



### Dance Aerobics Class

*Video led*

*Feel free to use a chair if needed*

**Tuesday's and Thursday's**

**3pm**



### STAFF

**Director: Kristy Hunt**

**Email:** [khunt@alexandercountync.gov](mailto:khunt@alexandercountync.gov)

**Assistant Director: Vicki Martin**

**Email:** [vmartin@alexandercountync.gov](mailto:vmartin@alexandercountync.gov)

**Activity Assistant: Brianna Fox**

**Email:** [bfox@alexandercountync.gov](mailto:bfox@alexandercountync.gov)

**Bethlehem Activity Assistant: Andrea Austin**

**Email:** [aaustin@alexandercountync.gov](mailto:aaustin@alexandercountync.gov)

### WHAT'S INSIDE:

- 3 You're Invited
- 4 Services Offered
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- 6 Calendar
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- 12 Trips and Tours

# 2 | BINGO AND BIRTHDAY LUNCHESES

## MONTHLY BINGO & BRUNCH

**BINGO: Registration required & begins on the first business day of the month.** Limited Seating.

**1/14** Taylorsville: 10:00 AM

Host - Medi - Hospice

**1/8** Bethlehem: 10:30 AM

Host - Carolina Caring

**2/11** Taylorsville: 10:00 AM

Host - The Greens (Hickory & Viewmont) & Valley

**2/12** Bethlehem: 10:30 AM

Host - The Greens (Hickory & Viewmont) & Valley

Bingo Brunch includes a McDonald's biscuit (sausage or egg), sweets, beverage (water, juice, or coffee) and a banana.

**Thank you** to our Hosts who provide valuable information regarding their services as well as prizes, and to Food Lion for providing sweets and Bethlehem Greenhouse for a monthly flower donation to Bingo.



### Senior Lunches



**11:30 AM**

3rd Wednesday of the month at Taylorsville, 3rd Tuesday of the month at Bethlehem. Room opens at 11:15 AM. **Register by Monday the week prior to luncheon. \$5 Fee.**

**Registration is Required.**

Meal includes entrée, sides, beverage and a cupcake.

**Meals are Catered by Crossroads Grill & Richter Scale**

**January - 20th Bethlehem & 21st Taylorsville**

Fried Flounder, slaw, hush puppies, tartar sauce

**February - 17th Bethlehem & 18th Taylorsville**

Braised Beef Roast with herbed pan gravy, mashed potatoes, honey dill carrots

**Meals will ONLY be held 15 minutes past arrival/ begin time.**



### Bingo Hosts

If your company would be interested in hosting a Bingo, please call and speak with staff for availability at 828-632-1717. Hosts get the opportunity to inform seniors of the services they offer. Responsibilities include providing prizes, and monitoring the automated bingo number caller. No solicitors.

**ALEXANDER**  
FUNERAL and CREMATION SERVICE

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**Rhett J. Miller**  
Managing Funeral Director

193 NC Hwy 16N  
PO Box 40  
Taylorsville, NC 28681

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828.635.8025 Fax

Family Pet Cremations  
of Taylorsville

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FAMILY PRACTICE**

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393 3RD AVE. SW.  
TAYLORSVILLE, NC 28681

**Adams Funeral Home, LLC.**  
P.O. Box 937  
Taylorsville, NC

**Adams Funeral Home of Wilkes**  
P.O. Box 396  
Moravian Falls, NC

**828-632-2291** **336-667-0767**

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**MICHELLE HARTNESS**  
HOMETOWN PROPERTIES

**CLIENT FOCUSED RESULTS**

368 NC Hwy 16 S  
Taylorsville, NC 28681

**Michelle Hartness**

OFFICE PHONE:  
**828-632-0031**

CELL PHONE:  
**828-320-5621**

[www.hartnesshometownproperties.com](http://www.hartnesshometownproperties.com) [michellehartnessresults@gmail.com](mailto:michellehartnessresults@gmail.com)

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**CONTACT ME**

**Rich Fernbach**

**rfernbach@lpicommunities.com**

**(800) 477-4574 x3675**



## Inclement Weather Policy

IF ALEXANDER COUNTY OFFICES CLOSE OR HAVE A DELAY, THE SENIOR CENTER (ALL BRANCHES INCLUDING BETHLEHEM & STONY POINT) WILL BE CLOSED OR DELAYED.

**WE NO LONGER CLOSE OR DELAY BASED ON THE SCHOOL SCHEDULE.**

PLEASE DO NOT TRY TO GET OUT IN THE BAD WEATHER. WE WANT YOU TO STAY SAFE.

**ACCESS CODERED FOR WEATHER ALERTS AT THE BOTTOM OF THE ALEXANDER COUNTY WEBSITE: [HTTPS://ALEXANDERCOUNTYNC.GOV/](https://ALEXANDERCOUNTYNC.GOV/)**

## WE'RE ONLINE

Alexander County YouTube Channel -  
<https://www.youtube.com/@alexandercountync>

Senior Center Playlist on YouTube -  
[https://youtube.com/playlist?list=PL4rXbitOgMf2pt3TKVTq1V-alunUj\\_Cak](https://youtube.com/playlist?list=PL4rXbitOgMf2pt3TKVTq1V-alunUj_Cak)

Senior Center webpage on the county website, under Video tab -  
<https://alexandercountync.gov/senior-center/#tabs-6>

## Shred-It Event

Friday, March 27

10am - 1pm

It is important to correctly dispose of your personal mail and paperwork with identifying information to protect your identity. Identifying information includes SSN, Medicare number, name, address, email, patient ID, financial accounts, etc.



## Mammograms from Catawba Valley Medical Center

Taylorsville: June 4

Bethlehem: April 23

We will be scheduling soon. Please contact staff for more information.



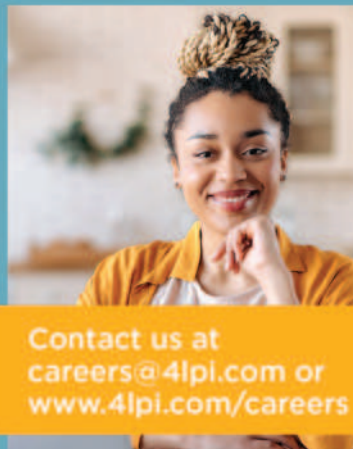
## WE'RE HIRING!

### AD SALES EXECUTIVES



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- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

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- Flood Detection
- Fire Safety
- Carbon Monoxide



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of this space

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## WE APPRECIATE OUR ADVERTISERS!

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this bulletin. Thank you!

# 4 | SERVICES OFFERED

**GREENWAY TRANSPORTATION** — Greenway has a stop at the senior center. Rates of \$2.50 per ride. Flex route is free. Call 828-464-9444 for details.



### NOTARY PUBLIC SERVICES

Call the Senior Center at 828-632-1717 to make an appointment. This is a free service to senior citizens only. Strict rules and ID requirements apply.



The Caregiver Support Group is temporarily putting the future meetings on hold.

Call Alexander Hospice for more information.

828-632-5026

### VAYA WEBINARS

**1/9 10 - 11 AM** Enriching Mental Health with Complimentary Treatments Part 1  
**11:15 - 12:15 PM** Enriching Mental Health with Complimentary Treatments Part 2

**1/20 1:30 - 2:30 PM** Enriching Mental Health with Complimentary Treatments Part 1

**2:45 - 3:45 PM** Enriching Mental Health with Complimentary Treatments Part 2

**2/13 10 - 11 AM** Facing the Emotional Challenges of Chronic Illness

**11:15 - 12:15 PM** Personality Disorders: Reaction to Interaction

**2/17 1:30 - 2:30 PM** Facing the Emotional Challenges of Chronic Illness

**2:45 - 3:45 PM** Personality Disorders: Reaction to Interaction



### VAYA IN PERSON

THURSDAY, JANUARY 8TH

THURSDAY, FEBRUARY 12TH

11:00 AM - 12:00 PM

*We're Here to Help*

We know your health journey won't always be a straight line - but we're here to keep you moving forward. Our teams work hard to help you live the life you choose.

[Vayahealth.com/calendar](http://Vayahealth.com/calendar)

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



MEMBERSHIP is provided to adults 60 years or older, and their spouses (regardless of age), and members of National AARP over 50 years. There is no membership fee to participate. Membership priority is given to Alexander County Residents, but any County resident is welcome. We are funded through the Home and Community Care Block Grant— Older Americans Act, Title III–B, Title III-D, as well as Alexander County funds. Memberships are free but the center welcomes voluntary contributions which go toward the Senior Center operating Budget.

### Health and Wellness Programs

A variety of programs are offered to help older adults remain healthy as well as develop and maintain strength, balance and agility. These include exercise classes, Tai Chi, A Matter of Balance classes, Health support seminars, dancing and a variety of health and wellness resources, including a lending library of videos, books, periodicals, and internet access.

### Educational Programs

Mental agility is also important. A wide range of experiences including Musicians' Jam, art & crafts, use of modern technology in our computer lab, a lending library that includes large print books and audio books— for free! We have guest speakers that do presentation on a wide-range of topics related to senior health, Medicare issues, nutrition, exercise, and services.

### Medicare Advantage Open Enrollment

**January 1st - March 31st**

If you're enrolled in a Medicare Advantage plan, there are certain changes you are able to make during the first quarter of the year. Call for an appointment with a SHIIP counselor for more information, 828-632-1717.



We are always looking to assist those who might qualify for the "Extra Help" Program through Social Security to get help with the cost of their drug plan and their prescription drug costs. This is a program with both income & resource limits that must be met. This year's guidelines:

	Single	Married
Income:	\$1,956 /month.	\$2,644/month
Resources:	\$16,590	\$33,100



Resources include bank accounts, pensions, 401K, stocks, bonds, land not attached to your home, etc. Not your home, cars, personal property.

If your numbers are at or below these numbers, please call the Senior Center at 632-1717, so we can schedule an appointment to file an application online for you! Or you can call NC Department of Insurance Seniors' Health Insurance Information Program (SHIIP) for assistance at 855-408-1212. This is a FREE service.

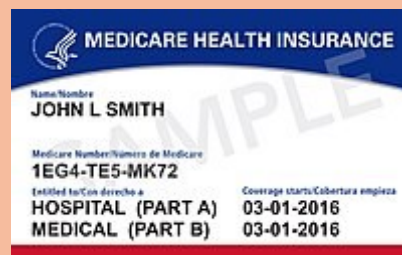
Note: you must have Medicare Part A & B to apply. You can apply anytime during the year— you do NOT have to wait for Open Enrollment.



### 2026 New to Medicare

**12:00pm:**  
**February 6th**  
**April 10th**  
**June 5th**  
**August 7th**

**Turning 65? Join us for a seminar to review Medicare basics, traditional Medicare and Medicare Advantage.**

**Call to Register**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p align="center"><b>- 1 -</b></p> 9:00 Exercise Class 11:00 Tai Chi 12:30 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Dance Aerobics	<p align="center"><b>- 2 -</b></p> 9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi
<p align="center"><b>- 5 -</b></p> 8:45 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:30 Card Games 3:00 Yoga \$	<p align="center"><b>- 6 -</b></p> 9:00 Exercise Class 10:00 Tai Chi <i>10:00 Painting at Stony Point</i> 11:30 Sewing 1:00 Card Games 3:00 Dance Aerobics	<p align="center"><b>- 7 -</b></p> 9:00 Audibel Hearing Call 704-878-2320 9:00 Exercise Class 1:00 Bridge 1:00 Cards / Puzzles	<p align="center"><b>- 8 -</b></p> 9:00 Exercise Class 11:00 Vaya in Person 11:00 Tai Chi 12:00 Dominoes 12:30 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Dance Aerobics	<p align="center"><b>- 9 -</b></p> 9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi Vaya Online
<p align="center"><b>- 12 -</b></p> 8:45 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$	<p align="center"><b>- 13 -</b></p> 9:00 Exercise Class 10:00 Tai Chi <i>10:00 Painting at Stony Point</i> 12:30 Card Making \$ 1:00 Card Games 1:00 Computer Class - Appointment Only	<p align="center"><b>- 14 -</b></p> 9:00 Audibel Hearing Call 704-878-2320 10:00 Bingo Brunch Free Register by 1/12 1:00 Bridge 1:00 Cards / Puzzles	<p align="center"><b>- 15 -</b></p> 9:00 Exercise Class 11:00 Tai Chi 12:30 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Dance Aerobics	<p align="center"><b>- 16 -</b></p> 8:45 Exercise Class 10:00 <b>Elder Law Seminar</b> <i>Ways to protect your assets as you age.</i> <i>A wonderful, free seminar that is presented by Susanna Brown, attorney.</i>
<p align="center"><b>- 19 -</b></p> 8:45 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$	<p align="center"><b>- 20 -</b></p> 9:00 Exercise Class 10:00 Tai Chi <i>10:00 Painting at Stony Point</i> 11:30 Sewing 12:00 Scrapbooking \$ 1:00 Card Games 2:00 - 5:00 Book Club Vaya Online	<p align="center"><b>- 21 -</b></p> 9:00 Audibel Hearing Call 704-878-2320 11:30 Senior Lunch Register by 1/12 1:00 Bridge 1:00 Cards / Puzzles	<p align="center"><b>- 22 -</b></p> 9:00 Exercise Class 11:00 Tai Chi 12:30 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Dance Aerobics	<p align="center"><b>- 23 -</b></p> 9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi
<p align="center"><b>- 26 -</b></p> 8:45 Exercise Class 10:00 Musicians Jam 10:00 Crocheting 12:30 Woodcarving 1:00 Card Games 3:00 Yoga \$	<p align="center"><b>- 27 -</b></p> 9:00 Exercise Class 10:00 Tai Chi <i>10:00 Painting at Stony Point</i> 12:30 Card Making \$ 1:00 Card Games 3:00 Dance Aerobics	<p align="center"><b>- 28 -</b></p> 9:00 Audibel Hearing Call 704-878-2320 9:00 Exercise Class 10:00 Computer Class 1:00 Bridge 1:00 Cards / Puzzles	<p align="center"><b>- 29 -</b></p> 9:00 Exercise Class 11:00 Tai Chi 12:30 Line Dancing \$ 12:30 Crocheting 1:00 Games 3:00 Dance Aerobics	<p align="center"><b>- 30 -</b></p> 9:00 Exercise Class 10:00 Board Games 11:00 Tai Chi

Need help paying your Medicare Part-D or Part B premiums? The “EXTRA HELP” program or Medicare Savings Program may be able to help you. Call 632-1717 or SHIP (855) 408-1212. Income limits apply (single \$1,956, married \$2,644).

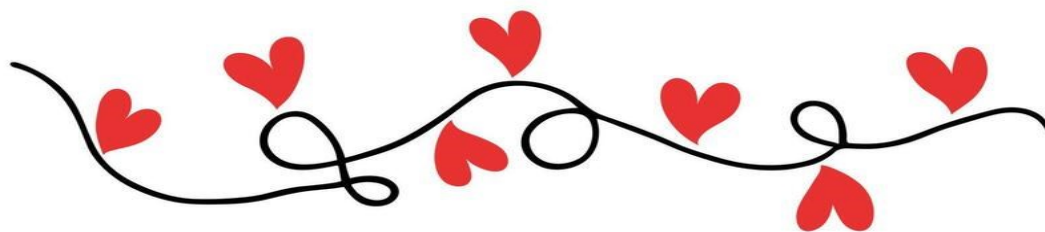
**Hours**  
**Mon.-Thurs. 8:00 - 5:00**  
**Fri. 8:00 - 2:00**

730 7th Street SW  
 Taylorsville, NC

# ALEXANDER SENIOR CENTER

# FEBRUARY 2026 | 7






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>- 2 -</b></p> <p>8:45 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:00 Card Games</p> <p>3:00 Yoga \$</p>	<p align="center"><b>- 3 -</b></p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi</p> <p><i>10:00 Painting at Stony Point</i></p> <p>11:30 Sewing</p> <p>1:00 Card Games</p> <p>3:00 Dance Aerobics</p>	<p align="center"><b>- 4 -</b></p> <p>9:00 Audibel Hearing</p> <p align="center">Call 704-878-2320</p> <p>9:00 Exercise Class</p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p align="center"><b>- 5 -</b></p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Line Dancing \$</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Dance Aerobics</p>	<p align="center"><b>- 6 -</b></p> <p>9:00 Exercise Class</p> <p>10:00 Board Games</p> <p>11:00 Tai Chi</p> <p>12:00 New to Medicare</p> 
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<p align="center"><b>- 23 -</b></p> <p>8:45 Exercise Class</p> <p>10:00 Musicians Jam</p> <p>10:00 Crocheting</p> <p>12:30 Woodcarving</p> <p>1:00 Card Games</p> <p>3:00 Yoga \$</p>	<p align="center"><b>- 24 -</b></p> <p>9:00 Exercise Class</p> <p>10:00 Tai Chi</p> <p><i>10:00 Painting at Stony Point</i></p> <p>12:30 Card Making \$</p> <p>1:00 Card Games</p> <p>3:00 Dance Aerobics</p>	<p align="center"><b>- 25 -</b></p> <p>9:00 Audibel Hearing</p> <p align="center">Call 704-878-2320</p> <p>9:00 Exercise Class</p> <p>10:00 Computer Class</p> <p>1:00 Bridge</p> <p>1:00 Cards / Puzzles</p>	<p align="center"><b>- 26 -</b></p> <p>9:00 Exercise Class</p> <p>11:00 Tai Chi</p> <p>12:30 Line Dancing \$</p> <p>12:30 Crocheting</p> <p>1:00 Games</p> <p>3:00 Dance Aerobics</p>	<p align="center"><b>- 27 -</b></p> <p>9:00 Exercise Class</p> <p>10:00 Board Games</p> <p>11:00 Tai Chi</p>



Need help paying your Medicare Part-D or Part B premiums? The “EXTRA HELP” program or Medicare Savings Program may be able to help you. Call 632-1717 or SHIIP (855) 408-1212. Income limits apply (single \$1,956, married \$2,644).

**Hours**  
**Mon.-Thurs. 8:00 - 5:00**  
**Fri. 8:00 - 2:00**

730 7th Street SW  
 Taylorsville, NC

TUESDAY		THURSDAY		TUESDAY		THURSDAY			
		<p align="center">- 1 -</p> <p>8:30 Tai Chi 10:00 Woodcarving Beginner Day 1:00 Cards Anytime Walking/Drop-in activities</p>				<p align="center">- 3 -</p> <p>8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 10:00 Computer Class 12:30 Card Making \$ Registration Required 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 5 -</p> <p>8:30 Tai Chi 10:00 Woodcarving Beginner Day 11:00 Souper Bowl Social 1:00 Cards Anytime Walking/Drop-in activities</p>	
						<p align="center">- 6 -</p> <p>8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 10:00 Computer Class 12:30 Card Making \$ Registration Required 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 8 -</p> <p>8:30 Tai Chi 10:00 Woodcarving 10:30 Bingo Register by 1/6 1:00 Cards Anytime Walking/Drop-in activities</p>	
<p align="center">- 13 -</p> <p>8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 15 -</p> <p>8:30 Tai Chi 8:30 Computer Class - Appointment Only 10:00 Event Sign-ups 10:00 Woodcarving 1:00 Cards Anytime Walking/Drop-in activities</p>				<p align="center">- 17 -</p> <p>8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 11:30 Senior Lunch Register by 2/3 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 19 -</p> <p>8:30 Tai Chi 8:30 Computer Class - Appointment Only 10:00 Event Sign-ups 10:00 Woodcarving 1:00 Cards Anytime Walking/Drop-in activities</p>	
<p align="center">- 20 -</p> <p>8:30 Tai Chi 9:45 Morning Stretch 10:00 Needlework 11:30 Senior Lunch Register by 1/6 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 22 -</p> <p>8:30 Tai Chi 10:00 Woodcarving 1:00 Cards Anytime Walking/Drop-in activities</p>						<p align="center">- 24 -</p> <p>8:30 Tai Chi 8:30 Blue Ridge Hearing Screenings 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking/Drop-in activities</p>	
<p align="center">- 27 -</p> <p>8:30 Tai Chi 8:30 Blue Ridge Hearing Screenings 9:45 Morning Stretch 10:00 Needlework 1:00 Cards Anytime Walking/Drop-in activities</p>		<p align="center">- 29 -</p> <p>8:30 Tai Chi 10:00 Woodcarving 10:00 Elder Law Seminar 1:00 Cards Anytime Walking/Drop-in activities</p>						<p align="center">- HAPPY - Valentine's Day</p>	

**Senior Lunch:** Catered meal from Crossroads Grill or Richter Scale. **Sign-ups begin the 3rd Thursday of each month at 10am. Please sign up with Andrea at Bethlehem only.** Meal includes entrée, beverage, and a cupcake. Register by Tuesday the week prior to lunch. Registration is required. \$5 fee. **Meals will ONLY be held 15 minutes past arrival/begin time.**

**Bingo:** Free, required sign-up. **Sign-ups begin the 3rd Thursday of each month at 10am. Please sign up with Andrea at Bethlehem only.** Brunch includes McDonald's biscuit, a fruit, sweets donated by our local Food Lion, and a drink. Hosts provide prizes.

# 9 | BETHLEHEM ONGOING ACTIVITIES

## TAI CHI TUESDAYS AND THURSDAYS 8:30 AM - 9:30 AM

Video led instruction from Dan and Victoria Fiore.  
Beginner friendly.

## CARDS — HAND & FOOT

Tuesdays and Thursdays 1:00 PM - 4:00 PM

No experience necessary. New players are always welcome! **Card playing begins promptly at 1:00.**



## New Activities

(Available at anytime)



**Puzzles**   **Coloring**   **Word Puzzles**

## ANYTIME WALKING

Leveled & paved walking trail on site.  
Please come in to sign-in and say hello

## NEEDLEWORK UNLIMITED

Tuesdays, 10:00 AM - 12:30 PM

Needlework including crocheting, sewing, and more!

This class is open to new members who are willing to learn.

## Computer Class

First Tuesday of every month

10:00 AM - 12:00 PM

## Computer

## Appointments

Third Thursday of every month

8:30 AM - 11:00 AM

## WOODCARVING

Thursdays, 10:00 AM  
Free class

The first Thursday of the month is BEGINNER day. An instructor will be present.

The remote site in Bethlehem is located at **Mt. Pisgah Lutheran Church**  
9379 NC-127 Hickory, NC 28601

**Hours:** Tuesday & Thursday  
8:00 AM - 4:30 PM

(closed 12:30-1:00 for lunch)

**Phone: (828) 409-3742**



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# ONGOING ACTIVITIES | 10

## TAI CHI

This is a video led instructional video by our favorite— Don and Victoria Fiore. This is a beginner friendly workout that helps improve flexibility and balance.

## AEROBICS

This is a video led instructional video. Beginner friendly with no jumping or stair steps.

## Dance Aerobics

This is a video led class that will feature different music and exercises each class. You can use a chair if you need to. It will be offered every 1st and 4th Tuesday and every Thursday at 3pm. Free!



## Yoga

Yoga is offered on Mondays in Taylorsville at 3:00 pm. The class is led by Shakira Ballin, in-person. Cost is \$5 donation to instructor.



## MUSICIANS JAM

Monday, 10:00 AM



Calling all music lovers. Do you play an instrument or enjoy listening to live music? The Taylorsville Center hosts a great musicians jam every Monday morning. Also, available online, check out the links on pg. 3.



## Blue Ridge Hearing - Bethlehem

Blue Ridge Hearing will now be offering hearing screenings at Bethlehem from 8:30am - 12:30pm starting in January. If you wish to make an appointment, please call Andrea at the Bethlehem Center at 828-409-3742. Check the calendar for dates.

## Computer Class

Fourth Wednesday of every month

10 :00 AM - 12:00 PM

## Computer Appointments

Second Tuesday of every month

1:00 PM - 4:00 PM



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# 11 | ONGOING ACTIVITIES

## CARD MAKING \$

2ND & 4TH TUESDAY  
12:30PM

JOIN SANDY HERMAN TO  
CREATE BEAUTIFUL,  
HOMEMADE CARDS! 1ST  
TUESDAY IN BETHLEHEM.



## SCRAPBOOKING \$

3RD TUESDAY 12:00PM  
CREATE WITH SANDY HERMAN.

## SEWING

1ST & 3RD TUESDAY 11:30PM  
COME AND BE CREATIVE WITH SEWING.

## BOARD GAME FRIDAYS

FRIDAYS 10:00 AM - 1:30PM

Bring a friend to play board games. Yahtzee, Monopoly, Checkers, Chess, Dominoes, UNO, Rummikub are some of the many options available. If you are an experienced board game player and willing to teach, let us know!



## PUZZLES & COLORING

MONDAY-FRIDAY

These activities continue as they have for years, in the lobby! A great area for conversations, whether you are working on the puzzle or not. The invitation is extended to all. Puzzles and coloring anytime.

## EAZY PAINTING - STONY POINT

TUESDAYS 10:00 AM - 12:00 PM

This is an easy going class led by Teri Petzold. Beginner or advanced. Teri makes painting fun and rewarding! **Cost is \$10 month.**

431 Ruritan Park Rd. Stony Point

## LINE DANCING

THURSDAYS 12:30 PM - 2:30 PM

Led by Freda & Dave DeGruchy. Come out and bring your dancing shoes. Beginners Line Dancing from 12:30 - 1:30pm.

Cost is donation to instructors.

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