

Garner Senior Center

A-Z LIST OF ON-GOING ACTIVITIES

ACTIVITY	DESCRIPTION	DAYS & TIMES
Acrylic Painting Art Studio	Learn to paint for the first time or brush up on your skills as an accomplished artist. Studio instructor is available at the front desk. Room available until 1:00 pm Instructor: Marcelle Hooks	Friday 9:30 am – 11:30 am R- \$10 NR- \$12 (Craft Room)
Adventures in Memoir	Volunteer Peer Led. Share your life in writing	1 st Wednesday 9-11am (Craft Room)
Art-Open Studio	Bring your painting supplies and use our space to work and be around other artists	Thursday 5-8 pm (Craft Room)
Basketball	Shoot and rebound or play pickup games.	Wednesday 3:30 - 5:00 pm Fridays 3:00 - 4:50pm (GSC Gym)
Bingo	\$1.00 for 2 cards Volunteer caller, limit 2 cards. Occasional sponsored games for special prizes.	Wednesday 1:30 pm (Dining Room)
Book Club	Facilitator: Catharine Griffis	1 st Thursday 10:30 (Game Room)
Blood Pressure Screening	Stay on top of your health by having your blood pressure checked weekly. Area agencies volunteer to provide this service.	1 st and 3 rd Wednesday 10:00 am (Lounge)
Bowling	Meet at Buffaloe Lanes (401 South) for senior bowling days. Three games of bowling and refreshments for \$6-pay on-site.	Monday 12:00 noon Thursday (Buffaloe Lanes South-401 S)
Bridge	Social/ Contract bridge played here. Random pick start and rotating tables after games. Numbers are drawn at 12:30 pm.	Tuesday 12:30-3:30 pm Friday (Lounge)
Canasta	A popular card game played with partners.	Wednesday 1:30 pm (Game Room)
Card Games	Tuesday afternoons are open for you to play the card game of your choice	Tuesday 12:30 pm (Game Room)
Card & Board Games	Enjoy canasta, pinochle...any card or board games you'd like to play! Bring refreshments to share with the group. Only two tables for each game.	Thursday 12:30 5:00 - 8:00 pm (Game Room)
Chair Fitness	One hour of chair aerobics and strength training for all fitness levels. Video instruction is used for this class.	Monday 9:30 am Wednesday 9:30 am Friday 9:30 am (Multipurpose Room)
Chair Yoga	All the benefits of yoga while staying seated	Mondays 3:00 (Gym)
Chess	Meet in the GSC dining room. Harold Johnson is available to teach beginners or work on your play.	Mondays, Tuesdays and Thursdays 12-2 (GRP Shelter or dining room)
Chorus	This informal group enjoys singing a variety of music including hymns, holiday selections, and many old favorites. The group is accompanied by a pianist.	2 nd and 4 th Wednesday 12:15 pm (Multipurpose Room)
Color Me Calm	Reduces Stress and Anxiety. Some books and marker available but bring your own: markers, gel pens, colored pencils. If able.	Tuesdays 9:30am (Game Room)
Dominos	Learn to play Mexican Train Dominoes	Mondays 2 nd and 4 th 1:00 pm (Lounge)
Fitness Room	Available for use by members only. We have treadmills, exercise bikes, and a weight system. A scheduled orientation is required prior to obtaining membership. See Front Desk	Open during regular operational hours \$11 R/ \$ 13 NR Not part of the Fitness Pass.

Gathering of Woman	Discussion group led by Yvonne Pardew	4 th Thursday 1:00pm (Multipurpose Room)
Golf- Garner Fun Golfers	Contact information available at the front desk regarding course and tee times.	Tuesday TBA (Courses and tee times vary)
Hand and Foot and Knee	A card game similar to Canasta, but a little more challenging.	Friday 1:00 pm (Game Room)
Heart Connections	A Heartland Hospice Counselor, Tim Tudor, leads a group discussion and motivation for everyday life. Topics vary and range from emotional topics to light hearted reminiscence.	4 th Monday 10:00 am (Dining Room)
Line Dance Workshop	To take the ongoing dancercise classes, you need to know the basics. Each month the instructor offers these workshops as extra help for the newcomer. Teresa VonCannon, Instructor.	1 st and 3 rd Monday 11:30am-12noon (GSC Gym)
Line Dance	Line Dancing isn't just country western anymore. It's modern, urban, swing, flowing waltz, nightclub rhythms and Latin flavor. It is recommended that beginners attend the Line Dance Workshops.	Monday 10:30 am Thursday 5:00pm (GSC Gym)
Meditation	Learn how to relax your mind and body	Friday 10:00am (Lounge)
Movie Matinee	A new release movie is shown. Popcorn and beverages provided. FREE.	1 st Thursday 1:00 pm (Multipurpose Room)
Needlework	Social group that share their knitting, crocheting, tatting, quilting, and sewing projects and offer peer support to one another. Experienced and beginner needle workers are welcome.	Fridays 10:00 am (Craft Room)
On The Mend	Volunteer sewing, knitting, crochet group that makes projects for 5 hospitals.	Mondays 10:00 am - 12 noon Tuesday 10:00 am - 12 noon (Craft Room)
Pickleball Intro for Beginners	Practice hitting the balls and learning the very basics of the game. Volunteer led.	Monday 9:00 am (GSC Gym)
Pickleball-non competitive	Learn technique and rules of the game before entering competitive play on Tuesdays and Fridays. Volunteer led.	Tuesday 3:30 pm Friday 10:30 am (GSC Gym)
Pickleball-competitive	A mini- tennis game played by 2 or 4 people on a badminton court, using a wooden paddle and a light weight "wiffle ball".	Tuesday 1:30 - 3:30 pm Friday 1:30 pm (GSC Gym)
Pinochle	A card game where players score points forming combinations of cards into melds. Each hand is played in three phases: bidding, tricks, and melds.	Monday 12:30 pm (Game Room)
Scrabble	Enjoy the word game Scrabble with others. Scrabble has made a comeback with computer-based games, but nothing is like playing a live opponent.	1 st , 3 rd and 5 th Monday 1:00 pm (Lounge)
Senior Circuit	8-10 exercise stations working different muscle groups with little to no rest between stations.	Wednesday 1:00pm (GSC Gym)
Senior Fitness	Fitness classes specifically designed for seniors - includes 30-40 minutes of low impact aerobics, followed by strength training, and a relaxing stretch.	Tuesday 9:30 am Thursday 9:30 am (GSC Gym)
Senior Yoga-Beginner	A slow paced non-aerobic workout emphasizing flexibility, core strength, balance and relaxation. Using a chair is optional.	Wednesday 4:45 pm (Multi Purpose Room)
SHIP Counseling Medicare Part D	Senior Health Insurance Information Program. Help to understand insurance options. One on one counseling sessions available. Call Rebecca for an appointment.	2 nd and 4 th Wednesday 1:30-4:30pm (By Appt.)
Simply Music	Bring your musical instrument, your singing voice or just come and listen and tap your toe.	Thursday 10:00 am (Multi Purpose Room)

SING/Karaoke	Showcase your talent! Singing on or off key, improves breathing, relieves stress, improves self-esteem, builds social connections and it's fun. You will be accompanied by a karaoke machine.	1 st , 3 rd , 5 th Wednesday	12:15 am (Multipurpose room)
Soul/Urban Line Dance	A class of non-stop moving and grooving. Dances are broken down with easy to follow instructions for beginners but will keep experienced dancers coming back for more. Learn the latest and most popular soul line dances around. This class is for all skill and fitness levels	Wednesday (GSC Gym)	11:00am
Stretch and Flex	A slow paced non-aerobic workout emphasizing flexibility, core strength, balance and relaxation	Friday	12 noon (GSC Gym)
Table Tennis (Beginners)	Learn the fundamentals of table tennis for recreational play.	Friday	12:45 pm (GSC Gym)
Table Tennis-competitive	Come and challenge yourself playing with this competitive group.	Friday	9:00 am (GSC Gym)
Table Tennis-non competitive	Recreational play	Monday Wednesday	1:00 pm 9:00 am
Tai Chi (extra fee) (6 week sessions)	Enjoy a series of 19 movements and one post that make up a meditative form of movements to which practitioners attribute physical, personal, and spiritual health benefits.	Tuesday	11:00 am (GSC Gym)
Tai Chi Beginner (extra fee) (6 week sessions)	For those with little or no Tai Chi experience. Enjoy a series of 19 movements and one post that make up a meditative form of movements to which practitioners attribute physical, personal, and spiritual health benefits.	Wednesday	12:00 pm (GSC Gym)
Tech Tutoring STEP (Senior Technology Engagement Program)	The GSC is now offering FREE tech tutoring! Do you have questions about basic technology, email, texting, social media, phone settings and/or using the internet? Then this program is for you! Bring your own electronic device. Sing up at the front desk	1 st Thursday	12-1:30 (Library) (half hour appointments)
Tennis	Meet at Creech Road Tennis Courts. Doubles Play.	Monday & Thursday	9:00 am (Creech Road Tennis Courts)
TOPS- "Take Off Pounds Sensibly"	Non-Profit International weight loss program teaches healthy lifestyle changes that encourage weight loss. Small fee involved for membership.	Friday	2:00-3:15pm (Craft Room)
Turtle Walking	An hour walking in the gym for those with special needs, slower pace, canes, walkers and other challenges.	Monday	12:00 pm (GSC Gym)
Walking (Indoor)	If walking is your thing, 25 times around the gym makes a mile. Join many others that take advantage of our climate controlled comfortable environment.	Monday- Friday	8:00 - 9:00 am M: 2:00 - 3:00 pm, T:12:30-1:30 pm W: 2:30 - 3:30 pm, Th: 1:00 - 2:00 pm (GSC Gym)
Woodcarving	All skill levels (and beginners) are welcome to join this group. Bring your own supplies. Volunteer instruction provided by Don Moyer and Danny Mills.	Wednesday	12:00- 3:00 pm (Craft Room)
Working Through Your Grief	Grief Support is offered by appointment through Heartland Hospice. Please contact Rebecca Brown, Resources for Seniors, for additional information about 6-week grief support classes, 919-661-6894.	2 nd Mondays By Appointment	
Ukulele Lessons	Learn the basics of playing the ukulele. Bring your own ukulele or borrow one from our volunteer instructor (limited availability). This is a trial class through the month of March. If there is enough interest we will make this a part of our ongoing schedule	Thursday	9:00-10:00am Multi-Purpose Room

Programs that are shaded are included in the Fitness Pass
January-December (Full Year) \$20 R/ \$35 NR
July-December (Half Year) \$10 R/ \$18 NR
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