

Bethlehem

Alexander Senior Center
Nov/Dec 2016

Hours: Tue & Thurs 8am-4:30 Call 828-409-3742
Mt. Pisgah Lutheran Church, 9379 Hwy-127 North, Hickory, NC 28601
CLOSED—Dec 27th and 29th for Christmas.

MONTHLY ACTIVITIES

Card Making - 1st Tuesday from 1:30-3:30pm.

Pat Wilkinson teaches this creative class art of card making. She provides everything to make 4 unique cards each month.

NEW: Fee \$7 for materials. No class in December.

Birthday Lunch - 3rd Tues at 12:00.

Everyone is welcome! Please come celebrate November and December birthdays with us. Bring a covered dish OR salad, chips, paper products, or drinks. Whatever you have. Happy Birthday!!!

November 15th— Everyone is welcome!!

December 20th—Turkey w/ mashed potatoes - bring sides. Gift exchange game. Bring a new \$5 gift to play.

GAMES

Hand & Foot - Tue & Thurs 1:00-4:30

The group is always willing to teach this very fun card game. It's like the card game - Canasta. Come spend time in the afternoons with new friends playing your favorite card game(s). Snacks provided! New players always welcome! No experience necessary. Free.

Game playing begins promptly at 1:00pm.

BINGO 3rd Thursday at 10:30am

RSVP to 828-409-3742

Nov 17 is hosted by **Woodmen Life**

Dec 15 is hosted by **Catawba Valley Hospice**

WEEKLY ACTIVITIES

Ukulele group—Tuesdays 2:00-4:00pm

Brushy Mountain Ukesters returns to Bethlehem 2 days a month. They meet downstairs on the 2nd & 3rd Tuesdays in Bethlehem. (They meet on the 1st, 4th, 5th Wednesdays in Taylorsville at 9am.) This joyful group plays and sings for 2 hours. New players welcome! Instruction and tips are given. Free.

Woodcarving - Thursdays 10am-12pm.

Great class for beginners, as well as experts. This is one of our most popular classes. Both men and women carve dogs, mice, trees, cube stars, bears, chains, beautiful birds and fish, etc.... **Free. The 1st Thursday is BEGINNER DAY.** Special attention will be given for new carvers.

Needlework Unlimited group - Tues 10am-12:00.

Come Crochet, Knit, Quilt, Tat,...with friends. Jan Waldeck teaches Crochet! Karen Bowman helps with quilting. We teach! Come see us. Both classes are FREE.

Spirit Energy - Tues & Thurs 8:30-9:15am.

This class has a wonderful, certified Yoga Fitness instructor, Ellen Crider. She leads a new meditation every week and then leads some standing & seated yoga and QiGong Tai Chi for the remaining time. There is a \$5 fee. Level 1

Gentle Yoga - Tuesdays 9:15—10:00am.

Ellen Crider, certified Yoga Fitness instructor, will teach this class. There will be some floor/mat work in this class. Poses easy, not too contorted. There is a \$5 fee. Level 3

Tai Chi exercise - Tues & Thurs 8:30-9:30am.

Tai Chi is a video-led senior exercise class. This is excellent stretching and strengthening exercise. It's great for balance as well. The class is very easy, but very effective. Free. Level 1

Zumba - Tues & Thu at 10:30am (hosted by Mt Pisgah LC)

OPEN TO ALL AGES. HOSTED BY THE CHURCH. Fast paced exercise dance class. \$5 fee. (Not a senior center activity.)

Bethlehem

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2016

Tuesday 8am-4:30pm		November	Thursday 8am-4:30pm	
8:30 Energy Spirit \$5 8:30 Tai Chi exercise 9:15 Gentle Mvmt Yoga \$5 10:00 Needle Work Unlimited		1	8:30 Energy Spirit \$5 8:30 Tai Chi exercise 1:00 Cards & Games 9:15 Gentle Movement Yoga \$5 10:00 Woodcarving BEGINNER DAY	3
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Closed for Christmas		27	Closed for Christmas	

NEW ACTIVITIES

Christmas Party

Dec 20 Free!

Tuesday from 12-1

We'll be fixin' a turkey and mashed potatoes this morning. It will be hot out of the oven! Bring a side to share. Everyone is welcome to come share in the party! Bring a friend and your Christmas cheer. So we have enough seating ready, RSVP to 828-409-3742.

Mission Statement:

The Alexander Senior Center is a county organization which provides 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.

The Senior Center activities are only open to people 60 and over. We are dedicated to serving our older population and are funded specifically for them.

