

Bethlehem

Alexander Senior Center
Sept/Oct 2017

Hours: Tue & Thurs 8am-4:30

Call 828-409-3742

Mt. Pisgah Lutheran Church, 9379 Hwy-127 North, Hickory, NC 28601

**Thank you, Mt. Pisgah and Pastor Mike,
for all you do for our seniors!!!**

MONTHLY ACTIVITIES

ICE CREAM SOCIAL Tues, 9/12 at 1:00

Join us for a cool treat and some fun!

Thanks to **People's Drugs, T'ville Scoops, Office Practice Pharmacy** for sponsoring this favorite event.

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.



Birthday Lunch - 3rd Tues at 12:00 Sept. 19 & Oct. 17

Please come celebrate September and October birthdays with us. Bring a covered dish OR salad, chips, paper products, or drinks to share. Special thanks to Lowes Foods for providing our delicious cake each month. Everyone over 60 is welcome!!

Chorus - 3rd Thursday at 12:30

This fun, new class is for anyone who enjoys singing. Peggy Jolly will play the piano for chorus group. Song sheets provided.

BINGO 3rd Thursday at 10:30am

RSVP to 828-409-3742, by the Tuesday before Bingo.

Sept 21 — hosted by Drum's Funeral Home

Oct 19 — hosted by Ellen Crider

WEEKLY ACTIVITIES

Wild Game Day — Every 4th Tuesday at 1:00pm

Join us for a variety of parlor games like Mexican Train Dominoes, Five Crowns, Phase 10, Hand & Foot, etc... Free.

Woodcarving - Thursdays 10:00am-12:00pm

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.... **The 1st Thursday of each month is BEGINNER DAY.** Special attention will be given for new carvers. Dean Wright is our instructor. Free.

Needlework Unlimited group - Tuesdays 10am-12:00pm

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 8:30-9:15am and Thurs 1:00

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 - Tues 9:15am and Thurs 2:00pm

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 video - 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

GAMES

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

The group is always willing to teach this very fun card game. New players always welcome! No experience necessary. Free.

Game playing begins promptly at 1:00pm.

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Special Presentations:

Health Seminars NEW

Kayla from Catawba Valley Medical Center will be here to teach these informational seminars.

Sept 26 : Sleep
Oct 10 : Stress

Please RSVP to Kristy

VAN TRIP:

9/11 – Catawba Queen Sight-Seeing Tour on Lake Norman, leaves from Bethlehem at **9am**.

Transportation fee is \$7 + boat tickets \$19 = \$26. Trip will depart at 9am from Bethlehem for Mooresville for an 11am Mississippi river-style riverboat sight-seeing tour of Lake Norman.

Riverboat tickets are to be paid when you make your reservation with us. A stop will happen for a late lunch AFTER the boat ride.

The meal is your responsibility. The van will return to Bethlehem around 3:30pm. (See Taylorsville newsletter for trip policy.)

TICKET SALES on 9/7 at 10am.

(Bring a check or exact change.)

Tuesday 8am-4:30pm

September

Thursday 8am-4:30pm

8:30 Spirit Energy \$5
8:30 Tai Chi exercise video
9:15 Gentle Mvmt Yoga \$5
10:00 Needle Work Unlimited
1:00 Cards & Games
1:30 Card Making \$7

5

8:30 Tai Chi exercise video
10:00 Woodcarving **Beginner Day**
1:00 Spirit Energy \$5
2:00 Gentle Mvmt Yoga \$5
1:00 Cards & Games
10:00 - VAN trip sales

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8:30 Spirit Energy \$5
8:30 Tai Chi exercise video
9:15 Gentle Mvmt Yoga \$5
10:00 Needle Work Unlimited
1:00 **ICE CREAM SOCIAL**
1:00 Cards & Games

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8:30 Tai Chi exercise video
1:00 Cards & Games
1:00 Spirit Energy \$5
2:00 Gentle Mvmt Yoga \$5
10:00 Woodcarving

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8:30 Spirit Energy \$5
8:30 Tai Chi exercise video
9:15 Gentle Mvmt Yoga \$5
10:00 Needle Work Unlimited
12:00 **BIRTHDAY LUNCH**
1:00 Cards & Games

19

8:30 Tai Chi exercise video
10:00 Woodcarving
10:30 BINGO
1:00 Spirit Energy \$5
2:00 Gentle Mvmt Yoga \$5
12:30 **Chorus/Choir**
1:00 Cards & Games

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8:30 Spirit Energy \$5
8:30 Tai Chi exercise video
9:15 Gentle Mvmt Yoga \$5
10:00 Needle Work Unlimited
1:00 Wild Game Day
2:00 Health Seminar

26

8:30 Tai Chi exercise video
10:00 Woodcarving
1:00 Spirit Energy \$5
2:00 Gentle Mvmt Yoga \$5
1:00 Cards & Games

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Tuesday 8am-4:30pm

October Thursday 8am-4:30pm

8:30 Spirit Energy \$5
8:30 Tai Chi exercise video
9:15 Gentle Mvmt Yoga \$5
10:00 Needle Work Unlimited
1:00 Cards & Games
1:30 Card Making \$7

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10:00 Woodcarving **Beginner Day**
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1:00 Wild Game Day

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12:30 Chorus/Choir
1:00 Spirit Energy \$5
2:00 Gentle Mvmt Yoga \$5
10:00 Woodcarving
1:00 Cards & Games

26

8:30 Spirit Energy \$5
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