

Bethlehem

Alexander Senior Center
Jan/Feb 2018

Hours: Tue & Thurs 8am-4:30 Call 828-409-3742
Mt. Pisgah Lutheran Church, 9379 Hwy-127 North, Hickory, NC 28601

Weather Policy: Bethlehem center will operate on the same weather schedule as Alexander county schools.

MONTHLY ACTIVITIES

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

Pat Wilkinson teaches this creative class art of card making. She provides everything to make 4 unique cards each month. Fee \$7 for materials.

Birthday Lunch - 3rd Tues at 12:00 Jan. 16th & Feb. 20th

Everyone is welcome! Please come celebrate January and February birthdays with us. Bring a covered dish OR salad, chips, paper products, or drinks. Whatever you have. Happy Birthday!!! Special thanks to Lowes Foods for providing our cake.

What Will It Be??



BINGO 2nd Thursday at 10:30am

RSVP to 828-409-3742

Jan 11 — hosted by Thrivent Financial

Feb 8 — hosted by Equis Financial

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

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.

Bethlehem Jan/Feb 2018

Tuesday 8am-4:30pm January 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	2	8:30 Tai Chi exercise video 10:00 Woodcarving Beginner Day 1:00 Spirit Energy \$5 2:00 Gentle Mvmt Yoga \$5	4
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February Thursday 8am-4:30pm

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WEATHER

Bethlehem Center will operate on the same schedule as the local schools. If Bethlehem School is closed or delayed, then the senior center will be closed or delayed too.

Call 409-3742.

Listen to local radio or TV for updates. Subscribe to WBTV alerts on your phone.

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.

Exercise level explanation:

Level 1 - Easy Slow- Tai Chi & Energy

Spirit Slow and good for flexibility, strengthening, and balance, includes Yoga with no floor work.

Level 3 - Medium - Gentle Yoga Yoga

that includes floor work.

