

# SENIOR OPPORTUNITY CENTER

OPERATING HOURS:  
MONDAY - FRIDAY, 9AM-4PM

## PROGRAMS & EVENTS FALL 2015

36 GROVE STREET  
ASHEVILLE, NC, 28801  
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(828) 350-6062



### BILLIARDS

MONDAY-FRIDAY, 9AM-4PM

COME ON IN AND SHOOT SOME POOL. NO RESERVATIONS NEEDED AND NEWCOMERS ARE WELCOME!  
FREE

### SENIOR CONGREGATE DINING

PROGRAM FOR AGES 60+

MONDAY-FRIDAY, 9AM-1PM

JOIN US FOR A VARIETY OF PROGRAMS INCLUDING CHAIR EXERCISE, GUEST SPEAKERS, HEALTH INFORMATION, BLOOD PRESSURE CHECKS, CRAFTS, MONTHLY "OUT TO MUNCH" AT A LOCAL RESTAURANT, BINGO, AND MUCH MORE! THIS PROGRAM IS CO-SPONSORED BY BUNCOMBE COUNTY COUNCIL ON AGING. REGISTRATION NECESSARY FOR DAILY MEALS. FREE EXCEPT FOR BINGO (1ST CARD FREE, OTHERS 25¢ EACH). DONATIONS ARE ACCEPTED FOR THE MEAL BUT NOT REQUIRED.



### PAINTING

TUESDAYS AND FRIDAYS, 2-3:30PM

BRING YOUR OWN MATERIALS AND PAINT AMONG FRIENDS!  
FREE

### CONTEMPORARY LINE DANCING

TUESDAYS 1:30 - 2:30PM IS BEGINNER

TUESDAYS 2:30 - 3:30PM IS HIGH BEGINNER/ IMPROVER

FEE: \$5 DONATION PER CLASS/\$7 BOTH



### AFTERNOON POTTERY

TUESDAYS, 2-4PM

FOR SENIORS 55+. STARTER CLAY AND ALL MATERIALS WILL BE PROVIDED.

FEE: \$45/12 WEEK SESSION

### MORNING POTTERY

WEDNESDAYS, 10AM-NOON

FOR SENIORS 55+. STARTER CLAY AND ALL MATERIALS WILL BE PROVIDED.

FEE: \$45/12 WEEK SESSION



### BID WHIZ CARD PLAYERS

WEDNESDAYS, 1:30-4PM

JOIN THIS FUN LOVING GROUP AND ENJOY FRIENDLY "CARD TABLE COMPETITION"!

FREE

### AFTERNOON ACRYLIC PAINTING

WEDNESDAYS, 1:45-3:45PM

AGES 55+. INSTRUCTION, BRUSHES, STARTER CANVASES AND PAINTS SUPPLIED.

FEE: \$25/4 WEEK SESSION

### JOYFUL MOVES FOR HEALTH

THURSDAYS, 1:30-2:30PM

HERE IS YOUR CHANCE TO MOVE YOUR BODY, STRETCH, BALANCE, TAP, CLAP AND LIFT YOUR SPIRITS. THIS IS A GENTLE MOVEMENT TO MUSIC IN A FOLLOW-THE-LEADER FORMAT. THIS CLASS IS LEAD BY SALLY DiMUZIO, CERTIFIED HEALTHY-STEPS INSTRUCTOR

FEE: \$5/CLASS

### SEWING

THURSDAYS, 2-3:30PM

BRING YOUR OWN SEWING PROJECT AND MATERIALS. SEWING MACHINES AND BASIC ASSISTANCE ARE AVAILABLE.

FREE

ASHEVILLE  
Parks & Recreation



WWW.ASHEVILLENC.GOV/PARKS

WWW.FACEBOOK.COM/APRCA