

LINWOOD CRUMP SHILOH CENTER

OPERATING HOURS:
MONDAY - THURSDAY, 10-8 PM
FRIDAY, 10-5:30

ADULT PROGRAMS FALL 2015

LINWOOD CRUMP SHILOH CENTER
121 SHILOH ROAD, ASHEVILLE, NC 28803
TCRUDUP@ASHEVILLENC.GOV
(828) 274-7739



Pickle Ball
August - September
Tuesdays, 5:30 – 7:45 pm
A fun game that combines tennis, ping pong and badminton.
Paddles and balls provided.
Fee: \$1/day

Line Dancing Classes
September-November
Thursdays, 6-7pm
Please join us to learn line dances both new and old to some of America's greatest hits...Electric Slide...Cupid Shuffle...Wobble... Cha Cha Slide...Down South Shuffle... Mississippi Muddslide...Cane Wayne Wit It...Step & Stomp...The Brand New Slide; and so much more!
Fee: \$1 per class

Boot Camp Innovative Dance Class
December, 2015–February, 2016
Mondays & Thursdays, 6-7pm
This class will consist of creative movements thru dance and will increase energy levels, build cardio, maintain balance control, tone & tighten, and most of all boost self-confidence!
Fee: \$40 per month

Senior Programs
Busy Hands Senior Club
August, 2015–June, 2016
Tuesdays, 11am-1pm
This program provides membership into the North Carolina Association of Senior Citizens Club and offers innovative activities such as crafts, senior exercise, and senior trips (local & out of town). Join our fellowship and embrace the fun! FREE

Healthy Living Program
August, 2015–June, 2016
Wednesdays, 12-2pm
In partnership with Shiloh Community Association, ABIPA, & YMCA, these classes focus on the self management of chronic disease and diabetes as well as maintaining a healthy heart and well balanced lifestyle.
Lunch is included too! FREE

Senior Chair Exercise & Council on Aging
August, 2015–June, 2016
Fridays, 11:15am-1:15pm
In partnership with Council on Aging we provide seniors age 65+ the opportunity to increase mobility and strength through innovative chair exercises. Join us also for a healthy meal for a \$1.50 donation



ASHEVILLE
Parks & Recreation



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