

SENIOR OPPORTUNITY CENTER

PROGRAMS & EVENTS WINTER/SPRING 2015

36 GROVE STREET
ASHEVILLE, NC, 28801
KIM ISLEY, CENTER DIRECTOR
KISLEY@ASHEVILLENC.GOV
(828) 350-6062
OPERATING HOURS:
9AM-4PM MONDAY - FRIDAY



SENIOR CONGREGATE DINING

PROGRAM FOR AGES 60+

MONDAY-FRIDAY, 9AM-1PM

JOIN US FOR A VARIETY OF PROGRAMS EACH MORNING INCLUDING CHAIR EXERCISE, GUEST SPEAKERS, HEALTH INFORMATION, BLOOD PRESSURE CHECKS, CHAIR MASSAGE, 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.

ALL ACTIVITIES ARE FREE EXCEPT FOR BINGO (1ST CARD IS FREE, OTHERS 25¢ EACH). DONATIONS ARE ACCEPTED FOR THE MEAL BUT NOT REQUIRED.

AFTERNOON POTTERY: ONGOING

TUESDAYS, 2-4PM

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

FEE: \$45/12 WEEK SESSION

MORNING POTTERY: ONGOING

WEDNESDAYS, 10AM-NOON

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

FEE: \$45/12 WEEK SESSION

BID WHIZ CARD PLAYERS: ONGOING

WEDNESDAYS, 1:30-4PM

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

FREE

AFTERNOON ACRYLIC PAINTING:

ONGOING

WEDNESDAYS, 2-4PM

AGES 55+. INSTRUCTION, ONE CANVAS AND PAINTS SUPPLIED. PLEASE BRING YOUR OWN BRUSHES.

FEE: \$15/MONTH

SEWING: ONGOING

THURSDAYS, 2-3:30PM

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

FREE

PAINTING: ONGOING

TUESDAYS AND FRIDAYS, 2-3:30PM

BRING YOUR OWN MATERIALS AND PAINT AMONG FRIENDS!

FREE

BILLIARDS: ONGOING

MONDAY-FRIDAY, 9AM-4PM

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

FREE



ASHEVILLE
Parks & Recreation



WWW.ASHEVILLENC.GOV/PARKS

WWW.FACEBOOK.COM/APRCA