



December 2023 - Activity Schedule

Monday 7 am - 5 pm	Tuesday 7 am - 7 pm	Wednesday 7 am - 5 pm	Thursday 7 am - 7 pm	Friday 7 am - 5 pm	Saturday 8 am—1 pm
Hours: Mon, Wed, Fri 7:00 am-5:00 pm Tues, Thurs 7:00 am-7:00 pm Sat: 8:00 am-1:00 pm (910) 947-4483 8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	<i>*Denotes programs that require a fee. Please refer to the flip side of this calendar for the amount.</i>			1 9:30-11 Music Open Jam Session 10-12 Euchre 12:00 –1 Guided Meditation 1-4 Mah Jongg <u>3-4 New Horizons Band Christmas Concert</u>	2 10-12 Advanced Line Dance
4 12-4 Quilts of Valor (Sewing) 1-4 Hand & Foot	5 <u>9-12 CAC Meeting</u> 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	6 10-11 Brain Boost 10-11 Knitting 11:00-12:30 Piano Wednesdays 1-4 Pinochle 1:30-3:30 Shuffleboard <u>2-4 Veteran's to Veteran's</u> 3:30-4:30 Cribbage	7 1-4 Canasta 11-12 Senior Moments Players <u>2-3 Second Choice Band Christmas Concert</u> 4-5:30 Improver Line Dance	8 9:30-11 Music Open Jam Session 10-12 Euchre 12–1 Guided Meditation 1-4 Mah Jongg	9 10-12 Advanced Line Dance
11 1-4 Hand & Foot	12 <u>10-12 Greeting Card Workshop</u> 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	13 10-11 Brain Boost 10-11 Knitting 11:00-12:30 Piano Wednesdays 1-4 Pinochle 1:30-3:30 Shuffleboard <u>2-4 Veteran's to Veteran's</u> 3:30-4:30 Cribbage	14 <u>10-12 Cooking with Mamie</u> 11-12 Senior Moments Player 1-4 Canasta 4-5:30 Improver Line Dance 5:00-7:00 Night Quilt Bee	15 9:30-11 Music Open Jam Session 10-12 Euchre <u>11-12 Flint Long Christmas Concert</u> 12–1 Guided Meditation 1-4 Mah Jongg	16 10-12 Advanced Line Dance
18 10-11 Paper Crafts 1-4 Hand & Foot	19 1-4 Advanced Mexican Train Dominoes 1:30-5 Chess 4:45-7 Line Dance	20 10-11 Brain Boost 10-11 Knitting 11:00-12:30 Piano Wednesdays 1-4 Pinochle 1:30-3:30 Shuffleboard <u>2-4 Veteran's to Veteran's</u> 3:30-4:30 Cribbage	21 11-12 Senior Moments Players 1-4 Canasta 4-5:30 Improver Line Dance	22 9:30-11 Music Open Jam Session 10-12 Euchre 12–1 Guided Meditation 1-4 Mah Jongg	23 CLOSED For Christmas
25 Closed 	26 CLOSED For Christmas	27 CLOSED For Christmas	28 11-12 Senior Moments Players 1-4 Canasta 4-5:30 Improver Line Dance	29 9:30-11 Music Open Jam Session 10-12 Euchre 12–1 Guided Meditation 1-4 Mah Jongg	30 CLOSED 

SEC Activity Descriptions

We ask that you call 947-4483 to register for any activity you would like to attend, so that in the unlikely event of a program cancellation we will be able to notify all possible guests.

Advanced/Intermediate Line Dance Instruction: If you are an experienced Line Dancer, join this group to learn new moves!
Brain Boost: Boost your brain fitness and flex your "memory muscles" in this interactive and lively class! Discover ways in which simple and fun brain training activities can fine-tune your recall and teach you how to use your brain more efficiently.
Bring your own paper crafts: Do you enjoy paper crafting and like socializing? Bring your own paper crafts and work on your projects with friends, new and old.

Canasta: Popular card game open to those with basic experience.

Chess: Come play chess! Experienced players will be on hand to provide guidance to those with little or no experience with the game.

Cooking with Mamie: Learn how to prepare a simple, elegant meal you'd be proud to serve to guests. This month's menu is Salmon and Gingerbread. **Space is limited to 12. Call to reserve your spot, Due to high demand, names are drawn by a lottery system.**

Euclre: Join in for friendly competitive play of this classic card game. Beginners welcome!

***Greeting Card Workshop:** Volunteer instructor Patti Patullo will guide participants in this class in making all occasion greeting cards. Seating limited, we take reservations starting the 1st of each month. \$10.00 Fee

Guided Meditation with Maureen Bertolozzi: This class is a gentle, seated or standing, moving meditation class that consist of deep belly breathing and a guided seated mindful meditation. The goal is to calmly and peacefully relax your body and mind. This classes is intended for all participants of the Senior Enrichment Center. Fridays at 12

Hand & Foot Game: An exciting variation of Canasta. Instruction available.

Knitting: Austine White will teach beginners or provide guidance to experienced knitters. Bring #9 or #10 circular needles and a skein of yarn.

Machine Embroidery: This is a discussion group that will explore some of the uses of machine embroidery, products used to ensure successful stitching, and internet sites such as YouTube that offer information regarding techniques and tricks.

Mah Jongg: A rummy-like game played with tiles rather than cards.

Medicare 101 Presentation: Turning 65 soon? Join us for a Medicare 101 Presentation to learn all about it. **(WILL RETURN IN JANUARY)**

Mexican Train Dominoes: Also known as simply "Trains", this is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub, or "station". The game's most popular name comes from a special optional train that belongs to all players.

Music Open Jam Session: Music is good for the soul. Do you sing or play an instrument? Bring your favorite music and jam. Led by Bruce Olin.

Night Quilt Bee: A gathering of quilters who are not available for day meetings, or just want another chance to sit and chat with other quilters. Some bring machines, others bring hand work. One can attend for all or some of the scheduled time.

Open Sew Quilts: Please bring your sewing machine, background fabric, and scrap fabric. Beginner Quilters welcome.

Piano Wednesdays: Please welcome Flint Long, our newest volunteer for Piano Wednesdays! Where piano players meet and people new to piano learn to play. No experience necessary, just a love of music is required.

Pinochle: This popular card game is open to anyone. Instruction available.

Quilts of Valor (Sewing): This group meets monthly to work on Quilts of Valor, given to local veterans and active service members. Materials, patterns and other quilting needs supplied. Many bring machines but some come to help press or cut. All experience levels welcome.

Senior Moments Players: If you ever wanted to be part of a Drama /Comedy group this is for you! No experience is necessary, No Memorizing Scripts. We do "Readers Theatre" Scripts. If you want to have fun, please join us!

Veteran's to Veteran's: Veterans & First Responders are invited to join this NEW monthly group meeting!

Moore County Senior Enrichment Center! Doug retired from the US Air Force as a Senior Master Sergeant and enjoyed the camaraderie & dedication of the "Mission". Doug is a Certified VTTV Trauma-Informed Coach, trained in a variety of techniques to help others. Seeing the world in turmoil & devastation or personal events in our lives may leave us confused, changed, or even emotionally scarred. Attending this monthly group meeting may help. Please call (910) 947-4483 if you plan on attending.

get this online at: www.moorecountync.gov - Departments; Aging