

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Oil Painting 10:00 am - Table Tennis 10:30 am - Pinochle 10:30 am - Gamezone 1:00 pm - Bridge (Hearts) 1:00 pm - Line Dancing Soul Style 2:00 pm - Baskets	3 10:00 am - J.O.Y. Bridge Club 10:30 am - Chair Exercise 12:30 pm - Hand & Foot Canasta 1:00 pm - Ballroom Dancing 1:00 pm - Bridge (Clubs) 1:00 pm - Watercolor Studio 1:00 pm - SHIIP Counseling	4 9:00am - Walking 9:00am - Jazzercise Lite 9:00 am - SHIIP Counseling 9:00 am - Beginner Computer AM 9:30am - Advanced Bridge 10:00 am Table Tennis 10:00am - Crafts 10:30am - Bingo 1:00pm - Bridge II 1:00pm - Pinochle 1:00 pm - Beginner Computer PM	5 8:45 am - Man Cave 9:30 am - Yoga 10:45 am - Home Repairs 11:15 am - Walking 11:30 am - Bridge (Spades) 1:00 pm - Bridge (Diamonds)	6 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Table Tennis 10:00 am - Crochet Club 12:30 pm - Hand & Foot Canasta 1:00 pm - Movies & Popcorn 1:00 pm - J.O.Y. Bridge Club 1:00 pm - Beg Bridge Lab	
9 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Oil Painting 10:00 am - Table Tennis 10:30 am - Pinochle 10:30 am - Disaster Preparedness 1:00 pm - Bridge (Hearts) 1:00 pm - Line Dancing Soul Style 2:00 pm - Baskets 2:00 pm - CMAC Board Meeting 3:00 pm - CMAC	10 9:00 am - AARP Driver Safety 9:00 am - Deafolinas 10:00 am - Travel Interest Meeting 10:30 am - Annuities & Investments 10:30 am - Chair Exercise 12:30 pm - Hand & Foot Canasta 1:00 pm - Ballroom Dancing 1:00 pm - Bridge (Clubs) 1:00 pm - Watercolor Studio 1:00 pm - SHIIP Counseling	11 9:00am - Walking 9:00 am - Jazzercise Lite 9:00 am - SHIIP Counseling 9:30 am - Advanced Bridge 10:00 am - Table Tennis 10:00 am - Crafts 10:30 am - Game zone 1:00 pm - Bridge II 1:00 pm - Pinochle 2:00 pm - Cooking School	12 9:30 am - Yoga 10:45 am - Chair Exercise 11:15 am - Walking 11:30 am - Bridge (Spades) 12:30 pm - Powerful Tools 1:00 pm - Bridge (Diamonds)	13 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Table Tennis 10:30 am - Game zone 10:30 am - Crochet Club 12:30 pm - Hand & Foot Canasta 1:00 pm - Movies & Popcorn 1:00 pm - J.O.Y. Bridge Club 1:00 pm - Beg Bridge Lab	
16 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Oil Painting 10:00 am - Table Tennis 10:30 am - Pinochle 10:30 am - Gamezone 1:00 pm - Bridge (Hearts) 1:00 pm - Line Dancing Soul Style 2:00 pm - Baskets	17 10:00 am - J.O.Y. Bridge Club 10:30 am - Bridge Beg 10:30 am - Free Hearing Screenings 12:30 pm - Hand & Foot Canasta 1:00 pm - Bridge (Clubs) 1:00 pm - Watercolor Studio 1:00 pm - Ballroom Dancing 1:00 pm - SHIIP Counseling	18 9:00 am - Walking 9:00 am - Life Line Screenings 9:00am - Jazzercise Lite 9:00 am - SHIIP Counseling 9:30 am - Advanced Bridge 10:00 am - Table Tennis 10:00am - Crafts 10:30 am - Bingo 1:00pm - Bridge II 1:00pm - Pinochle 3:00 pm - ARN	19 9:30 am -Yoga 10:30 am - Home Health Care 11:30 am - Bridge (Spades) 12:30 pm - Powerful Tools 1:00 pm - Bridge (Diamonds)	20 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Table Tennis 10:30 am - Bingo 10:30 am - Crochet Club 12:30 am - Movies & Popcorn 12:30 pm - Hand & Foot Canasta 1:00 pm - J.O.Y. Bridge Club 1:00 pm - Beg Bridge Lab	
23 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Oil Painting 10:00 am - Table Tennis 10:30 am - Pinochle 10:30 am - Gamezone 1:00 pm - Bridge (Hearts) 1:00 pm - Line Dancing Soul Style 2:00 pm - Baskets	24 10:00 am - J.O.Y. Bridge Club 10:30 am - Bridge Beg 10:30 am - Chair Exercise 12:30 pm - Hand & Foot Canasta 1:00 pm - Bridge (Clubs) 1:00 pm - Watercolor Studio 1:00 pm - Ballroom Dancing 1:00 pm - SHIIP Counseling	25 9:00 am - Walking 9:00am - Jazzercise Lite 9:00 am - SHIIP Counseling 9:30am - Advanced Bridge 10:00 am - Table Tennis 10:00 am - Crafts 1:00 pm - Bridge II 1:00 pm - Pinochle	26 9:30 am - Yoga 11:30 am - Bridge (Spades) 10:00 am - Dog Days of Summer 12:30 pm - Powerful Tools 1:00 pm - Bridge (Diamonds)	27 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Table Tennis 10:30 am - Bingo 10:30 am - Crochet Club 12:30 am - Movies & Popcorn 12:30 pm - Hand & Foot Canasta 1:00 pm - J.O.Y. Bridge Club 1:00 pm - Beg Bridge Lab	
30 9:00am - Walking 9:00 am - Jazzercise Lite 10:00 am - Oil Painting 10:00 am - Table Tennis 10:30 am - Pinochle 11:00 a m - Body Works 1:00 pm - Bridge (Hearts) 1:00 pm - Line Dancing Soul Style 2:00 pm - Baskets	31 10:00 am - J.O.Y. Bridge Club 10:30 am - Bridge Beg 10:30 am - Gamezone 12:30 pm - Hand & Foot Canasta 1:00 pm - Bridge (Clubs) 1:00 pm - Watercolor Studio 1:00 pm - Beg Ballroom Dancing 1:00 pm - SHIIP Counseling	Lunch 11:30 am Daily		Health Suite 8:30 am - 4:00 pm Daily	

# August

## 2010

**TYVOLA SENIOR CENTER**  
2225 Tyvola Rd  
Charlotte, NC 28210

**704-522-6222**

[www.cmseniorcenters.org](http://www.cmseniorcenters.org)



# Ice Cream Fling!

Beat the summer heat and join us for some ice cream!

All are welcome.

I SCREAM  
YOU SCREAM  
WE ALL SCREAM FOR ICE CREAM!

Join us Wednesday, July 28th from 2:00pm—4:00pm

Event sponsored by:



## DIABETIC SUPPORT GROUP

PLEASE JOIN US! Class is **Free!**  
Thursday, July 29th at 1:00 pm

- Group Discussion
  - Share Management Techniques
  - Frequent Guest Speakers
  - Question and answer session on topics you would like to discuss
- For more information and to register please call the front desk at:  
**(704) 522-6222**

## Senior Employment Program

The Tyvola Senior Center operates a Senior Employment program designed to offer employment assistance to job seekers age 55+. The Senior Employment Program offers employment seminars & workshops, job fairs, job postings and employment interview seminars. For more information call: Mary Williams-Davis at **(704) 817-5466**



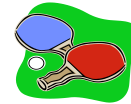
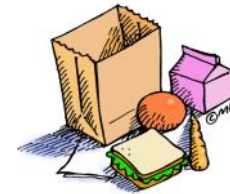
## SENIOR NUTRITION LUNCH PROGRAM

Monday through Friday  
11:30 pm – 12:30 pm

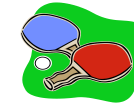
The Tyvola Senior Center is a congregate site for the Mecklenburg County Senior Nutrition Program. If you are interested in joining us for lunch and fellowship please call:

**Tonya Oliphant**, site coordinator  
**(704) 817-5463**

**Enrollment in Senior Nutrition Program is required. Tyvola Senior Center membership is not required. Thank you!**



**Table Tennis**  
New members welcome!  
M-W-F 10:00 am



*Senior Centers Membership Required*

**FREE Class!**



## POWERFUL TOOLS for Caregivers

A Mather LifeWays Program

**THURSDAYS**

**August 12 - September 16 from 12:30-3:00**

Classes consist of six, 2 ½ hour class sessions held weekly.

**Do you care for someone with a chronic illness?**

- Learn the tools you need to take care of yourself
  - Reduce stress
  - Improve self-confidence
  - Balance your life
  - Better communicate your feelings
- Increase your ability to make better decisions
  - Locate helpful resources



## Crochet Club

**Fridays, 10:30 am - 1:30 pm**

Join us to crochet baby caps for CMC Pineville.

Bring Baby yarn & a G hook or Sports yarn & an H hook.

We will supply pattern and support. Please call:

**(704) 522-6222** for more information



## TELEPHONE REASSURANCE

The Telephone Reassurance Program provides a personal daily telephone contact to isolated and homebound older adults to ensure safety and facilitate aging at home. If you know of someone who may benefit from a daily telephone call, or for more information about this program, call: Beverly at **(704) 531-6900**



**Are you on Medicare and paying too much for your prescription medications?**

The Seniors' Health Insurance Information Program (SHIIP) might be able to help!

Medicare beneficiaries who are not receiving Medicaid may be eligible for assistance with the cost of their prescription drug plan and drug costs.

SHIIP is also a good resource for help in choosing an Advantage or Supplemental Plan.

Also, if you are turning 65 and are needing some counseling on what do to next - SHIIP is for you!

Please call (704) 817-5464 for an appointment.



We are currently seeking to fill the following volunteer positions:

- **Crafts Instructor**
- **Afternoon Receptionist**
- **Morning and Afternoon Greeters**

Join Us! Please see Caroline or Marty, or call: **(704) 817-5462 or (704) 817-5465**

**KATE B. REYNOLDS HEALTH SUITE**  
Monday through Friday  
8:30 am – 4:00 pm

**Take Advantage of our Fitness Room!**  
Persons 55 and older are eligible to use the Health Suite. Expect these benefits:

- Increased aerobic capacity
- Increase in lean muscle tissue
- Increased range of motion and joint stability
- Improve balance
- Decrease in body fat and resting heart rate

For more info, contact the Health Suite and April Pinkney at: (704) 817-5461

**\$1 per visit - Senior Center Associates**  
**\$2 per visit - Non-Associates**

