

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hours: 8:00 am - 4:30 pm Monday—Friday</p> <p>Health Suite 8:30 am - 4:00 pm Monday—Friday</p>	<p>Legend Red - New Class / Special Program Blue - Cancelled Black - Regular Class \$ - Class Fee * - Discount Card Needed</p>	1 9:00am - Walking 9:00 am - Intro to Computers \$ 9:00am - Jazzercise Lite \$ 9:30am - Advanced Bridge * 10:00 am - Pinochle * 10:15 am- Table Tennis * 10:00 am - Crafts with Virginia \$ 12:00 pm - Photo Club 1:00pm - Bridge II *	2 8:45 am - Man Cave 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	3 9:00am - Walking 9:00 am - Open Computer Lab 9:00 am - Jazzercise Lite \$ 10:00 am - Heart Health Seminar 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:00 am - Crochet Club 10:30 am - Bingo 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tyvola Center Cinemas 1:00 pm - J.O.Y. Bridge Club * 1:00 pm - Beg Bridge Lab \$
6 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Games 10:15 am - Table Tennis * 10:00 am - Spades * 10:00 am - Pinochle * 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	7 8:30 am - FREEstyle Arts & Crafts 9:00 am - Deafolinas 9:30 am - Tax Filing Assistance 10:00 am - J.O.Y. Bridge Club * 10:30 am - Bridge Beg \$ 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge * 1:00 pm - Watercolor \$ 6:00 pm - Weights After Work \$	8 9:00am - Walking 9:00 am - Intro to Computers \$ 9:00am - Jazzercise Lite \$ 9:30am - Advanced Bridge * 10:00 am - Pinochle * 10:00 am - Crafts with Virginia \$ 10:15 am- Table Tennis * 11:00 am - Elderly Tax Relief Program 12:00 pm - Photo Club 1:00 pm—Line Dancing 1:00pm - Bridge II * 1:00 pm - Cooking School	9 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	10 9:00am - Walking 9:00 am - Open Computer Lab 9:00 am - Jazzercise Lite \$ 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Bingo 10:00 am - Crochet Club 12:30 pm - Hand & Foot Canasta * 1:00 pm - J.O.Y. Bridge Club * 1:00 pm - Tyvola Center Cinemas 1:00 pm - Beg Bridge Lab \$
13 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Games 10:15 am - Table Tennis * 10:00 am - Spades * 10:00 am - Pinochle * 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	14 8:30 am - FREEstyle Arts & Crafts 8:45 am - Breakfast Beauties 9:00 am - Deafolinas 9:30 am - Tax Filing Assistance 10:00 am - J.O.Y. Bridge Club * 10:30 am - Bridge Beg \$ 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge * 1:00 pm - Watercolor \$ 6:00 pm - Weights After Work \$	15 9:00am - Walking 9:00 am - Intro to Computers \$ 9:00am - Jazzercise Lite \$ 9:30am - Advanced Bridge * 10:00 am - Pinochle * 10:00 am - Crafts with Virginia \$ 10:15 am- Table Tennis * 1:00pm - Bridge II * 1:00 pm—Line Dancing 1:00 pm - Advanced Word Processing \$	16 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 11:30 am - Bridge * 1:00 pm - <u>Visually Impaired</u> Persons Support Group 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	17 9:00am - Walking 9:00 am - Computer Help with Bill 9:00 am - Jazzercise Lite \$ 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Bingo 10:30 am - Memory Lane Cafe 10:00 am - Crochet Club 12:30 pm - Hand & Foot Canasta * 1:00 pm - J.O.Y. Bridge Club * 1:00 pm - Tyvola Center Cinemas 1:00 pm - Beg Bridge Lab \$
20 8:30 am - Legislative Agenda on Aging 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:15 am - Table Tennis * 10:00 am - Spades * 10:00 am - Pinochle * 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	21 8:30 am - FREEstyle Arts & Crafts 9:30 am - Tax Filing Assistance 10:00 am - J.O.Y. Bridge Club * 10:30 am - Bridge Beg \$ 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge * 1:00 pm - Watercolor \$ 6:00 pm - Weights After Work \$	22 9:00am - Walking 9:00 am - Intro to Computers \$ 9:00am - Jazzercise Lite \$ 9:30am - Advanced Bridge * 10:00 am - Pinochle * 10:00 am - Crafts with Virginia \$ 10:15 am- Table Tennis * 1:00 pm—Line Dancing 1:00pm - Bridge II * 1:00 pm - Advanced Word Processing \$	23 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	24 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Pinochle * 10:15am - Table Tennis * 10:30 am - Bingo 10:00 am - Crochet Club 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tyvola Center Cinemas
27 9:00am - Walking 9:00 am - AARP Driver's Class 9:00 am - Jazzercise Lite \$ 10:15 am - Table Tennis * 10:00 am - Spades * 10:00 am - Pinochle * 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	28 8:30 am - FREEstyle Arts & Crafts 9:30 am - Tax Filing Assistance 10:00 am - J.O.Y. Bridge Club * 10:30 am - Bridge Beg \$ 10:30 am - Alzheimer's Support 12:30 pm - Hand & Foot Canasta * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge * 1:00 pm - Watercolor \$ 6:00 pm - Weights After Work \$	29 9:00am - Walking 9:00 am - Intro to Computers \$ 9:00am - Jazzercise Lite \$ 9:30am - Advanced Bridge * 10:00 am - Pinochle * 10:15 am- Table Tennis * 10:00 am - Crafts with Virginia \$ 1:00 pm—Line Dancing 1:00pm - Bridge II * 1:00 pm - Advanced Word Processing \$		

February 2012

TYVOLA SENIOR CENTER
2225 Tyvola Rd
Charlotte, NC 28210

704-522-6222

www.cmseniorcenters.org



Don't miss out on our "Drop-In" Activities Availability:

- Library
- Computer Room
- Free Daily Charlotte Observer
- Nintendo Wii
- Puzzles
- Walking/Running Track
- Walking Trail
- Bocce Court

- Indoor activities—anytime the room is not in use by a class or program
- Outdoor activities—during daylight hours

**February is Heart Health Month at
The Tyvola Senior Center!**

Heart Health Seminar
Friday, Feb 3, 2012
10:00am

Learn about heart disease
management, coping mechanisms and
prevention!



**February means...
TAX SEASON!**

Tax Filing Assistance
Tuesdays & Thursdays
beginning Feb 2, 2012

Call 704-522-622 for more information.
Appointments are required!

Elderly Tax Relief Program
Wednesday, Feb 8, 2012 at 11:00am



Trips to Cherokee
Casino are on Hiatus for
a few months.
Please call (704) 522-6222 to
be put on the Interest sheet and we'll call when the
trips resume.

#11 BRIDGE CLASS/BEG & INT
Tuesdays, Jan. 10—March 27, 2012
10:30am—12:00pm with Louise Thompson
This class is designed for beginners as well as
intermediate students who are interested in learning
the fundamentals of Duplicate Bridge. There will be
instruction throughout the 12 week program and a lab
on Fridays to perfect your skills.

\$50—Discount Card Holders
\$75—for others



We are currently seeking out-going, customer
service oriented individuals to help us fill the
following volunteer positions:

- Morning and Afternoon Receptionists
- Morning and Afternoon Greeters
 - Health Suite Volunteers
 - Data Base Volunteers
 - Bilingual Volunteers

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

FREE Programs!

Photo Club
Wednesday, Feb 1, 2012
12:00PM

Man Cave
Thursday, Feb 2, 2012
8:45AM
Sponsored by:
Summit Place of SouthPark

NEW! Tax Filing Assistance
Tuesdays and Thursdays
Beginning Feb 2, 2012
10:30AM
Call 704-522-6222 for more info.
Appointment is required!

NEW! Heart Health Seminar
Friday, Feb 3, 2012
10:00am

Tyvola Center Cinemas
Fridays beginning Feb 3, 2012
1:00pm

**NEW! Elderly Tax Relief
Program**
Wednesday, Feb 8, 2012
11:00am-12:00pm

Breakfast Beauties
Tuesday, Feb 14, 2012
8:45AM
Sponsored by:
Summit Place of SouthPark
Preregistration Necessary!

Deafolinas
Tuesday, Feb 14, 2012, 9:00am

Cooking School
Wednesday, Feb 15, 2012
1:00PM
Sponsored by:
Summit Place of SouthPark

V.I.P. Support Group
Thursday, Feb 16, 2012
8:45AM

Legislative Agenda on Aging
Monday, Feb 20, 2012, 8:30-10:30am
Meet your state, county and city
elected officials! Sponsored by
Council on Aging and CMAC.

NEW! AARP Driver's Class
Monday, Feb 27, 2012
Call 704-522-6222 for more info.
Preregistration is required!

Alzheimer's Support Group
Tuesday, Feb 23, 2012
10:30AM

Line Dancing with Louise!
Monday & Wednesday, 1 - 2:30 pm
A fun way to burn those calories
while you dance your way to aerobic
fitness!

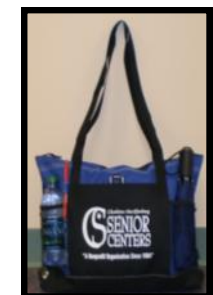
The Charlotte Mecklenburg Senior Centers' new incentive program.

In addition to our \$52 annual discount card, we now offer three additional Rewards Card levels.

Bronze Supporter
\$75/Individual
\$115/Couple
Benefits Include:
• All benefits of \$52 discount card
• Bronze colored rewards card
• Oval car magnet or decal
• Tax deductible gift to CMSC
• \$20/individual
• \$21/couple

Gold Supporter
\$100/Individual
\$140/Couple
Benefits Include:
• All benefits of \$52 discount card
• Gold colored rewards card
• Oval car magnet or decal
• Insulated tumbler with straw & lid
• Tax deductible gift to CMSC
• \$43/individual
• \$39/couple

Platinum Supporter
\$150/Individual
\$190/Couple
Benefits Include:
• All benefits of \$52 discount card
• Platinum colored rewards card
• Oval car magnet or decal
• Insulated tumbler with straw & lid
• Zippered tote bag with pen loop
& two mesh pockets
• Tax deductible gift to CMSC
• \$88/individual
• \$83/couple



A FOCUS ON SERVICE

We can provide assistance
with all of these services:

- Transportation
- Home Healthcare
- Housing
- Leisure & Social Activities
- Medicare
- Meals & Nutrition
- Medicaid
- Medical/Adaptive Equipment
- Social Security
- Insurance

**Please ask the
Receptionist or a Staff
Member for
Assistance.
Call 704-522-6222**