

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Hours:</u> 8:00 am - 4:30 pm Monday—Friday <u>Health Suite</u> 8:30 am - 4:00 pm Monday—Friday	<u>Legend</u> Red - New Class / Special Program Blue - Cancelled Black - Regular Class \$ - Class Fee * - Discount Card Needed	1 8:45 am - Man Cave 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 10:00 am - Brain Boosters 10:15 am - Chair Yoga 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	2 9:00am - Walking 9:00 am - Open Computer Lab 9:00 am - Jazzercise Lite \$ 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 - J.O.Y. Bridge Club * 1:00 pm - Tyvola Center Cinemas 1:00 pm - Beg Bridge Lab \$
5 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Games 10:00 am - Spades * 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Hypnosis Workshop 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	6 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 \$ 2:00 pm - Arthritis Tia Chi 6:00 pm - Weights After Work \$ 6:00 pm - Tai Chi After Work \$	7 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 * 12:00 pm - Photo Club 1:00 pm—Line Dancing 1:00 pm - Living Healthy with Diabetes 1:00pm - Bridge II *	8 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 10:00 am - Brain Boosters 10:15 am - Chair Yoga 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	9 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 \$
12 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Games 10:00 am - Spades * 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Hypnosis Workshop 1:00 pm - Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$ 2:00 pm - CMAC Board 3:00 pm - CMAC	13 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 \$ 2:00 pm - Arthritis Tia Chi 6:00 pm - Weights After Work \$ 6:00 pm - Tai Chi After Work \$	14 9:00am - Walking 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 - Living Healthy with Diabetes 1:00pm - Bridge II * 1:00 pm—Line Dancing 1:00 pm - Cooking School	15 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 10:00 am - Brain Boosters 10:15 am - Chair Yoga 11:30 am - Bridge * 1:00 pm - Visually Impaired Persons Support Group 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	16 9:00am - Walking 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 \$
19 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Spades * 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Hypnosis Workshop 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	20 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 \$ 2:00 pm - Arthritis Tia Chi 6:00 pm - Weights After Work \$ 6:00 pm - Tai Chi After Work \$	21 9:00am - Walking 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 - Living Healthy with Diabetes 1:00 pm—Line Dancing 1:00pm - Bridge II *	22 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 10:00 am - Brain Boosters 10:15 am - Chair Yoga 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	23 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 1:00 pm - Beg Bridge Lab \$
26 9:00am - Walking 9:00 am - Jazzercise Lite \$ 10:00 am - Spades * 10:00 am - Pinochle * 10:15 am - Table Tennis * 10:30 am - Hypnosis Workshop 1:00 pm—Line Dancing 1:00 pm - Bridge * 2:00 pm - Baskets \$	27 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 \$ 2:00 pm - Arthritis Tia Chi 6:00 pm - Weights After Work \$ 6:00 pm - Tai Chi After Work \$	28 9:00am - Walking 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 - Living Healthy with Diabetes 1:00 pm—Line Dancing 1:00pm - Bridge II *	29 9:00 am - Yoga \$ 9:30 am - Tax Filing Assistance 10:00 am - Brain Boosters 10:15 am - Chair Yoga 11:30 am - Bridge * 1:00 pm - Tai Chi with Nigel \$ 1:00 pm - Bridge *	30 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 1:00 pm - Beg Bridge Lab \$ 5:30 pm - Tyvola Center Art Show

March 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:

- Library
- Walking/Running Track
- Computer Lab
- Walking Trail
- Free Daily Charlotte Observer
- Bocce Court
- Nintendo Wii
- Horse-shoe Pit
- Puzzles

Availability:

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

**Are you an artist?
Do you take any art classes here
at Tyvola Senior Center?**

**Display Your Work!
3rd Annual Tyvola Center
Art Show March 30 4pm
See Amber for more info!**

**March is Memory Health Month
at The Tyvola Senior Center!**

**Brain Boosters
Thursdays, March 1-March 29, 2012,
10am-11:30am
Pre-registration is required!**

**Hypnosis Workshop
Mondays, March 5-March 26, 2012,
10:30am-11:30am
Learn important relaxation tips!**



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

Tax Filing Assistance

Tuesdays and Thursdays
Feb 2-April 17, 2012
10:30AM
Call 704-522-6222 for more info.
Appointment is required!

NEW! Hypnosis Workshop

Mondays, beginning
March 5-March 26, 2012
10:30am-11:30am
Hypnotherapy is proven to aid in management of chronic diseases! Learn relaxation and stress release tips!
Pre-registration is required!
Space is limited.

Breakfast Beauties

Tuesday, March 13, 2012
8:45AM
Sponsored by:
Summit Place of SouthPark
Preregistration Necessary!

Tyvola Center Cinemas

Every Fridays in March!
1:00pm

FREE Programs!

NEW! Brain Boosters

Thursdays, beginning
March 1-March 29, 2012
10:00am-11:30am

Learn the importance of cognitive stimulation and tips on boosting your memory!
Pre-registration is required!
Space is limited.

Deafolinas

Tuesday, March 13, 2012, 9:00am

NEW! Living Healthy with Diabetes

Wednesdays, beginning
March 14, 2012
1:00pm-3:30pm

Alzheimer's Support Group

Tuesday, March 27, 2012
10:30AM

Man Cave

Thursday, March 1, 2012
8:45AM
Sponsored by:
Summit Place of SouthPark

Photo Club

Wednesday, March 7, 2012
12:00PM

Cooking School

Wednesday, March 14, 2012
1:00PM
Sponsored by:
Summit Place of SouthPark

V.I.P. Support Group

Thursday, March 15, 2012
8:45AM

NEW! Tyvola Center Art Show

Friday, March 30, 2012
5:30pm-7:30pm
Join us for wine, cheese, good company and beautiful art made by our very own participants!

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



FREE! Line Dancing with Louise!

**Monday & Wednesday, Starting Jan. 9, 2012
1:00 PM—2:30 PM with Louise Thompson**
A fun way to burn those calories while you dance your way to aerobic fitness!



They're back!

FREE! Diabetes Self-Management

**Wednesday, March 14, 2012— April 11, 2012
1:00 PM—3:30 PM**
This six week class will aid with understanding your Diabetes and ways to better manage your health while living with this chronic disease.
Pre-registration is required. Space is limited, register now!

**Free Chair Yoga— Thursdays at 10:15 AM, March 1-April 16, 2012
Free Arthritis Tai Chi— Tuesday & Thursday at 2:00 PM, March 1-April 26, 2012**

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**