

Everyday!

8:00-5:00 Body Shop
8:00-4:30 Computer Lab

Monday

9:00 Cardio Express
9:15 Movers and Shakers
9:30 Private Computer class (by appt.)
10:00 Ping Pong
10:00 Bingo in the Nutrition Site
10:00 UFO (Unfinished Objects Craft Class)
1:00 Intro to Line Dancing (8-week class)
New Class Starts: Jan 4th
2:00 Raleigh Footnotes Performing
Line Dance Practice
3:00 Beginning/Intermediate Line Dance

Tuesday

8:45 Pump and Tone Exercise
9:30 Take it Off Weight Loss Class
10:00 **NEW!** Cross Train Your Brain
10:30 Advanced Line Dance
12:30 Intermediate Line Dance
1:30 **NEW!** Beginner Tap Class
1:30 Beginning Line Dance
2:30 Yoga

Wednesday

8:45 Low Impact Aerobics
9:15 Pilates
9:30 Ceramics
9:30 Walking Group
10:00 Computer Class by appointment
10:00 UFO (Unfinished Objects Craft Class)
11:30 Acrylic Class

Thursday

8:45 Pump and Tone Exercise
9am-12pm (30 min) Private Computer Lessons
by appointment only
9:30 Watercolor Class
11:30 Yoga (1 1/2 hour class)
1:00 Advanced Line Dancing
1:15 Hits Chorus
2:00 Computer class by appointment

Friday

9:30 Low Impact Aerobics
10:00 Pilates
10:30 Raleigh Footnotes Performing
Line Dance Practice
12:30 Bridge Club
1:30 Beginning Line Dance



Become a Fan of the Whitaker Mill Senior Center

JANUARY - FEBRUARY CLOSINGS:

January 1, New Years, January 18, Martin Luther King Day
January 7th All Classes Cancelled due to Life Line Screenings

Special Events

Second Annual Senior Center Pledge Drive- January 11th - January 15th

Once again we will be raising money to help support the center. We had such a successful year in 2009 and our goal once again is to raise \$5000 in five days! Your contribution helps support the programs and services of Whitaker Mill Senior Center. Please consider being apart of our mission to help the seniors of Wake County in 2010!

Senior Pamper Day - February 11th at 10:30

Come out and enjoy a day of being pampered. This is one of the special Valentine's Day treats the Senior Center would like to give you. Please sign up if you would like to be pampered!
Massages, manicures, pedicures oh my!

Lifeline Screening Day—January 7th at 8:30am-5:00pm

Join us on January 7th as the senior center will be the host of Lifeline Screenings. All classes will be cancelled on this day. We are presenting an opportunity for our seniors to get vital screenings that can prevent numerous diagnoses. For more information, please see a Coordinator. Pre-registration is required.

Whitaker Mill Senior Center

January Special Events

1/14 Thursday 9:30 - 11:30am Facebook 201: Are you interested in learning more about Facebook? This class will give you more insight and lots of tips on how you can use this popular social networking site to keep in touch with friends and family. Tobi Bowen will be teaching you the tricks of the trade.

1/20 Wednesday 10am: Get Organized Month! - Here we go again, a new year and a new batch of resolutions. Getting organized will definitely help you save money in 2010 and with the economy these days, that's a good thing. Come to this class if you need help because you are "overwhelmed, frustrated and don't know where to start..." Please sign up!

1/21 Thursday 12:30pm: Book Club

1/26 Tuesday 11:30am: Forget Me Not Class

1/27 Wednesday 10:30am: Morningside Melodies—sponsored by Morningside Assisted Living and Memory Care

1/28 Thursday 9:30am-11:00am: Depression Screening by Resources for Seniors Pharmacist Casey Garner. Please sign up for your time slot!

New Classes in the New Year!

Beginning Tap Dancing—Tuesdays @ 1:30pm

Cross Train Your Brain—Wednesdays @ 10:00am

Intro to Line Dancing—Mondays @ 1:00pm

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February Special Events

2/3 Wednesday 10:00am: Caregiver Education Talk— for caregivers and those receiving the care. Come learn the value of "100 minutes over \$100". Please sign up!

2/11 Thursday 9:30am: Reverse Mortgages Education—given by Resources for Seniors Nationally Certified Reverse Mortgage Counselor Christena Schafale will give a free educational seminar on Reverse Mortgages. Please sign up!

2/11 & 2/12: Valentine's Day Celebrations— Join us on the 11th and 12th of February as we help you celebrate Valentine's Day early with a Pamper day to make you feel you were in a day spa! We will follow that on the 12th with a Valentine's Day party filled with chocolate covered candy hearts and more sweets for our senior "sweethearts". Please sign up!

2/17 Wednesday 10:00am: Ask the Organizer: Eileen Stevie will devote this time to answering your specific questions on the organizing problem areas in your life. Bring your questions and even photos for free advice on getting organized. Please sign up!

2/18 Thursday 9:30-11:00am: Sleep Screening by Resources for Seniors Pharmacist Casey Garner. Please sign up for your time slot!

2/18 Thursday 12:30pm: Book Club

2/24 Wednesday 10:30 am: Morningside Melodies –sponsored by Morningside Assisted Living

Black History Month Celebrations

Join us in the month of February as we celebrate Black History Month with presentations, movies and fun-filled trivia and word games that will give you knowledge and a better understanding of why Black History is celebrated