

# Silvermont Senior Center has full November schedule

Silvermont's Senior Center is full of activities and programs for November. All who are interested are encouraged to participate and keep their minds, bodies and souls active and thriving for a fun and social time at the historic Silvermont Mansion.

The Readers' Theatre will be performing live on Monday, Nov. 20 at 2 p.m. They will also perform live at the county library on Monday, Nov. 27 at 2 p.m.

Tai Chi class will resume with Carrie Blair at 1 p.m. on Tuesdays. Weather permitting it will be outside and on colder days it will move inside to Room A.

Chi Gong class will start Nov. 6 and Nov. 13 on Mondays at 9 a.m. Please welcome Chris Bilotta to Silvermont. Chi Gong is the mother of Tai Chi and

this class will help with balance, hypertension, blood pressure and improved cardiopulmonary function. The class fee is \$7.

Stride for Your Health will take place on Nov. 8 from noon to 12:30 p.m. and Nov. 17 10-10:30 a.m.

Silvermont and county offices will be closed Nov. 10, 23 and 24. The lunch plus program will additionally be closed Nov. 22.

The Senior Center is open Monday through Friday 8 a.m. to 4 p.m. and Thursday from 7:30 to 9:30 p.m. All programs are free except Ageless Grace, which costs \$10 per class, Chi Gong which costs \$7 per class and Dance Fit, Chair Yoga and Zumba which cost \$5 per class.

Silvermont Museum Tours are available Thursdays 9:30-11 a.m. and

Monday	Tuesday	Wednesday	Thursday	Friday
		9:30 -12:00 Lunch Plus 10:00-10:45 Strength & Stretch 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 1:00 -3:45 Glen Cannon Bridge	9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	9:30-12:00 Lunch Plus Closing at noon
9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15 -11:00 Range of Motion 1:00 - 3:45 Mah Jongg 1:00 -3:30 Open Art 1:00 -2:30 Readers' Theatre	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:30-11:45 Senior Games Meeting 11:15-12:00 Chair Yoga 1:00 - 2:00 Tai Chi 1:00-3:45 Pmpkin Fest Meeting 1:00-3:00 Card Club 7:30-9:30 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 12:00-12:30 Stride for Health 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace	9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	COUNTY OFFICES CLOSED
9:00-9:45 Chi-Gong 10:15 -11:00 Range of Motion 1:00 -3:30 Open Art 1:00 -2:30 Readers' Theatre 3:00-4:30 Council on Aging	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00 - 3:00 Friends Meeting 1:00 - 2:00 Tai Chi 1:00-3:00 Card Club 7:30-9:00 Music Circle at Silvermont	9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 1:00 -3:45 Glen Cannon Bridge	9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	9:30-12:00 Lunch Plus 10:00-10:30 Stride for Health 11:00-11:30 Strength and Stretch
9:30 -12:00 Lunch Plus 10:15 -11:00 Range of Motion 2:00 - 4:00 Readers' Theatre Live Performance	9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00 - 2:00 Tai Chi 1:00-3:00 Card Club 7:30-9:00 Music Circle at Silvermont	10:15-10:45 Strength and Stretch 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace	COUNTY OFFICES CLOSED	COUNTY OFFICES CLOSED
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Fridays 1-3:30 p.m. There are also group walks out-

side on the trails Tuesdays and Thursdays at 10 a.m.

Silvermont Mansion is located at 364 Main St. in Brevard. Call (828) 884-3166 for more information.