

September Silvermont Senior Center schedule released

The public is welcome to come out and visit Silvermont's Senior Center in September.

The Card Club is looking for more players to join their group which meets on Tuesdays from 1-3 p.m.

On Wednesday, Sept. 25 FYZICAL Balance and Therapy Centers will present a free and open to the public talk called "Fight the Fall" from 10-11 a.m.

The Ageless Grace class continues to meet weekly on Wednesdays from 1-1:50 p.m. This class promotes cognitive function and mobility. Participants move their bodies with music while engaging their brain to make positive cognitive change and is great for stress release. Personal trainer and certified Ageless Grace instructor Hiro Martin teaches the class.

The Senior Center is open Monday through Friday from 8 a.m. to 4 p.m. and Tuesday from 7:30 to 9:30 p.m. All programs are free except Ageless Grace, which costs \$10 per class, and Dance Fit and Chair Yoga which cost \$5 per class. Silvermont Museum Tours are available Thursdays 9:30-11 a.m. and Fridays 1-3:30 p.m.

County offices will be closed on Monday, Sept. 2 for Labor Day.

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

SEPTEMBER SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>COUNTY OFFICES CLOSED LABOR DAY</p>	<p>3</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00 - 11:00 Tai Chi 11:15- 12:00 Chair Yoga 1:00-3:30 Pumpkinfest Meeting 1:00-3:00 Card Club. 1:00-3:00 A Matter of Balance 7:00-9:00 Music Circle at Silvermont</p>	<p>4</p> <p>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 12:45-3:45 Glen Cannon Bridge</p>	<p>5</p> <p>9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10:00-10:45 Vaya Health Speaker 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-4:00 Wood Carvers</p>	<p>6</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch</p>
<p>9</p> <p>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 3:00-4:00 Council on Aging</p>	<p>10</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00 - 11:00 Tai Chi 11:15- 12:00 Chair Yoga 1:00-3:00 Pumpkinfest Meeting 1:00-3:00 Card Club. 1:00-3:00 A Matter of Balance 7:00-9:00 Music Circle at Silvermont</p>	<p>11</p> <p>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 12:45-3:45 Glen Cannon Bridge</p>	<p>12</p> <p>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</p>	<p>13</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch 1:30-3:45 Mountain Laurel Investment</p>
<p>16</p> <p>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</p>	<p>17</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00 - 11:00 Tai Chi. 11:15- 12:00 Chair Yoga 1:00-3:30 Friends Meeting 1:00-3:00 Card Club 1:00-3:00 A Matter of Balance 7:00-9:00 Music Circle at Silvermont</p>	<p>18</p> <p>9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 12:45-3:45 Glen Cannon Bridge</p>	<p>19</p> <p>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 2:00-4:00 Wood Carvers</p>	<p>20</p> <p>9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 10:00-10:30 Stride for Health 11-11:30 Strength & Stretch</p>
<p>23</p> <p>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 1-2:30 Readers' Theatre 1:00 -3:30 Open Art</p>	<p>24</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00 - 11:00 Tai Chi 11:15- 12:00 Chair Yoga 1:00-3:00 Card Club 1:00-3:00 A Matter of Balance 7:00-9:00 Music Circle at Silvermont</p>	<p>25</p> <p>9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 10:00-11:00 Fight the Fall FYZICAL Balance & Therapy 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace</p>	<p>26</p> <p>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</p>	<p>27</p> <p>9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11:00-11:30 Strength & Stretch</p>
<p>30</p> <p>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 -2:30 Readers' Theatre 1:00 -3:30 Open Art</p>				