

Silvermont Senior Center releases November schedule

In November, the Silvermont Senior Center will host several guest speakers presenting lectures free and open to the public.

The following presentations will occur from 10-10:45 a.m.:

– Thursday, Nov. 7, Vaya Health will present “Basics of Dementia.”

– Friday, Nov. 8, SHIP Insurance will present “Medicare Updates.”

– Tuesday, Nov. 12 Edward Jones will present “Conflict.”

– Thursday, Nov. 14 there will be a presentation called “Medicare Changes for 2025.”

The Stride For Your Health Program is providing new incentives for those who attend three or more sessions.

Upcoming programs will be held on Wednesday, Nov. 6 from noon to 12:30 and Friday, Nov. 15 from 10-10:30 a.m.

Land of Sky is sponsoring this program.

The Lunch Plus Program will be decorating and stuffing shoe boxes for Samaritan's Purse.

The shoe boxes will be sent on Nov. 18.

To donate items, bring them to the front desk at Silvermont or contact Laura or Brenda.

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

NOVEMBER SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch 1:00-3:00 Maximum Memory Fitness
⁴ 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	⁵ 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 7:00-9:00 Music Circle at Silvermont	⁶ 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch. 10:30-noon. Pumpkin Fest Meeting 11-11:50 Ageless Grace 12:00-12:45 Line Dancing 12:00-12:30 Stride for Health 12:45-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg	⁷ 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10-10:45 Vaya Health Presentation 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-4:00 Wood Carvers	⁸ 9:30-12:00 Lunch Plus 10-10:45 SHIP “Medicare Changes” Presentation 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch 1:30-3:45 Mountain Laurel Investment Group
¹¹ COUNTY OFFICES CLOSED	¹² 9:00-9:45 Dance Fit 10:30-11:30 LWSG Board Meeting 9:30-12:00 Lunch Plus 12:30-1:30 Tai Chi. 11:15-12:00 Chair Yoga 12:45-3:30 Friends Meeting 1:00-3:00 Card Club 1:00-3:00 A Matter of Balance 7:00-9:00 Music Circle at Silvermont	¹³ 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-1:50 Ageless Grace 1:00-3:45 Mah-Jongg	¹⁴ 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10-10:45 Alignment “Medicare” 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs. 2:00-3:00 TCPR Program	¹⁵ 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
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except Ageless Grace, which costs \$10 per class, and Dance Fit and Chair

Yoga which cost \$5 per class. County offices, includ-

ing Silvermont Senior Center, will be closed Nov. 11, 28 and 29.

Silvermont Mansion is located at 364 Main St. in Brevard.

Call (828) 884-3166 for more information about the Senior Center.