

DECEMBER SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
² 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.	³ 9:00-9:45 Holiday Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Pumpkin Fest Meeting 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	⁴ 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 12:00-12:30 Stride for Health 12:40-3:45 Glen Cannon 1:00-3:45 Mah-Jongg	⁵ 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00-10:45 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	⁶ 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch
⁹ 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	¹⁰ 9:00-9:45 Holiday 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	¹¹ 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 1:00-3:45 Mah-Jongg	¹² 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	¹³ 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard 11-11:30 Strength & Stretch
¹⁶ 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion COUNTY OFFICE CLOSE AT NOON	¹⁷ 9:00-9:45 Holiday Dance Fit 10:30-11:30 LWSG Board Meeting 12:30-1:30 Tai Chi 11:15-12:00 Chair Yoga 12:45-3:30 Friends Meeting 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	¹⁸ 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 10:30-noon. Pumpkin Fest Meeting 1:00-1:50 Ageless Grace 12:40-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg	¹⁹ 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10-10:45 Healthy Produce Devoted Health Talk 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-4:00 Wood Carvers	²⁰ 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop of Brevard
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Silvermont Senior Center releases December schedule

The Silvermont Senior Center will host two wellness presentations in December which are free and open to the public.

On Thursday, Dec. 5 at 10 a.m. there will be a guest speaker from Vaya Health.

On Thursday, Dec. 19 at 10 a.m. Ale Casapia from Devoted Health will speak on "Produce Health."

Parks and Recreation is hosting "Light up the Night" at Silvermont

Mansion on Dec. 7 from 4-7 p.m.

All events are free and family friendly. Jump on a hayride from downtown Brevard to enjoy a giant inflatable slide, balloon artists, face painting, cookies and hot chocolate.

Participants are asked to thank their group leaders for making all of these programs successful.

Double check with group leaders to make

sure they will be leading programs during this holiday season, as some may need a few extra days off around the holidays.

The Silvermont Senior Center is open Monday through Friday 8 a.m. to 4 p.m. and Tuesday from 7:30 to 9:30 p.m.

All classes are free except: Ageless Grace costs \$10; Chi Gong costs \$7; Dance Fit and Line Dancing cost \$5; Chair Yoga costs \$7 per class or

purchase 10 classes for \$50.

During inclement weather Silvermont will close when other county offices close.

County offices will close early at noon on Monday, Dec. 16 and all day on Dec. 24, 25 and 26.

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

Call (828) 884-3166 for more information.