

Senior Center releases January schedule

On Thursday, Jan. 2 Vaya Health will present a free and open to the public presentation on personality disorder.

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 be closed on Monday, Jan. 1 and Jan. 20.

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

Call (828) 884-3166 for more information.

JANUARY SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
		COUNTY OFFICE CLOSED 1	2 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10:00-10:45 Vaya Health Personality Disorder 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 2:00-4:00 Wood Carvers	3 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch
6 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	7 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 1:00-3:30 Pumpkin Fest Meeting 7:00-9:00 Music Circle at Silvermont	8 9:00-9:45 Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 12:00-12:45 Line Dancing 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace	9 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	10 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment
13 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 3:00-4:30 Council on Aging	14 9:00-9:45 Dance Fit 9:30-12 :00 Lunch Plus 12:30-1:30 Tai Chi 10:30-11:45 Senior Games Meeting 11:15- 12:00 Chair Yoga 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	15 9:00-9:45 Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 12:45-3:45 Glen Cannon Bridge. 1:00-1:50 Ageless Grace 1:00-3:45 Mah-Jongg	16 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	17 9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop 11:00-11:30 Strength & Stretch
20 COUNTY OFFICER CLOSED	21 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 12:30-1:30 Tai Chi 11:15- 12:00 Chair Yoga 1:00-3:30 Friends Meeting 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	22 9:00-9:45 Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-1:50 Ageless Grace 1:00-3:45 Mah-Jongg	23 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	24 9:30- 12:00 Lunch Plus 10:00-12:00 Writing Workshop 11:00-11:30 Strength & Stretch
27 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	28 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	29 9:00-9:45 Line Dancing 9:30 -12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-1:50 Ageless Grace 1:00-3:45 Mah-Jongg	30 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	31 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch