

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 2:00-3:30 Readers' Theatre Live performance</p>	<p>4</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 1:00-3:30 Pumpkin Fest Meeting 7:00-9:00 Music Circle at Silvermont</p>	<p>5</p> <p>9:00-9:45 Line Dancing 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 12:45-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg</p>	<p>6</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00-10:45 Vaya Health "Overview Mental Health" 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 2:00-4:00 Wood Carvers</p>	<p>7</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch</p>
<p>10</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>11</p> <p>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 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p>	<p>12</p> <p>9:00-9:45 Line Dancing 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg</p>	<p>13</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>14</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment</p>
<p>17</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>18</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p> <p>1:00-3:30</p>	<p>19</p> <p>9:00-9:45 Line Dancing 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 12:45-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg</p>	<p>20</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 2:00-3:45 Wood Carvers</p>	<p>21</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11:00-11:30 Strength & Stretch</p>
<p>24</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>	<p>25</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 12:30-1:30 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p>	<p>26</p> <p>9:00-9:45 Line Dancing 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg</p>	<p>27</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>28</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11:00-11:30 Strength & Stretch</p>

February Silvermont Senior Center schedule released

The Readers' Theatre Group will perform nine short one-act comedy plays from 2-3:30 p.m. at the Silvermont Senior Center on Monday, Feb. 3 free and open to the public.

Vaya Health will host a

free and open to the public seminar on Thursday, Feb. 6 from 10-10:45 a.m. on mental health.

Notice times have changed for the Ageless Grace and Tai Chi classes.

The Senior Center is open Monday through

Friday 8 a.m. to 4 p.m. and Tuesdays from 7 to 9 p.m. All weekly programs are free except Ageless Grace, Dance Fit, Chair Yoga, Chi-Gong, Line Dancing and Glenn Cannon Bridge which charge nominal fees.

Silvermont Museum Tours are available Thursdays 9:30-11 a.m. and Fridays 1-3:30 p.m.

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