

# Silvermont Senior Center offers February events

The Silvermont Senior Center will continue hosting wellness seminars free and open to the public in February.

On Feb. 5, Vaya Health will present at 10 a.m.

On Feb. 18, from 2:30-3:30 p.m., Ward Johnson will present during Beyond Mindfulness.

There will also be free blood pressure checks from Blue Ridge Health on Feb. 26 from 9:45-11 a.m.

In mid-February appli-

cations for Land of Waterfalls Senior Games will be available at both the Silvermont mansion and at Parks and Recreation.

Those interested in performing a talent are encouraged to participate in the April 13 event to kick off the games, held again this year at Brevard's First United Methodist Church.

New to the Land of Waterfalls Senior Games this year will be Party

Bridge and Duplicate Bridge local events. Start recruiting for partners. For those interested in learning bridge, free classes will be offered at the French Broad Community Center starting Feb. 10.

The Silvermont Senior Center is open Monday through Friday 8 a.m. to 4 p.m. and Tuesdays from 7 to 9 p.m. Silvermont Mansion is located at 364 Main St. in Brevard.