

Silvermont Senior Center releases March schedule of free programs

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

The Joys of Connecting program starts March 5 and will run for six weeks. It is taught by Joy Resor and held on Thursdays from 1-3 p.m. To register email Resor at goinjoy75@gmail.com.

On Wednesday, March 11 from 10-10:45 a.m. Kelly Morgan will speak on "Senior Companions." This presentation is free and open to the public.

The "Meditations on Mindfulness" program will continue on Wednesday, March 11 and March 25, from 2:30-3:45 p.m. This free program is led by Ward Johnson.

On Thursday, March 26, Jeff Parlier from Opus Therapy will speak on "Aging in Place," this is also a free presentation.

Registration is now open for the Land of Waterfalls Senior Games and Silver Arts, for folks 50 years old or better.

Register at Silvermont

Mansion or at the Parks and Recreation Department, located at 1078 Ecusta Road.

This will be the 35th year that Land of Waterfalls Senior Games is offered to residents in Transylvania County. Games will run from Monday, April 13 with opening ceremonies and conclude on Monday, May 4 with closing ceremonies and lots of fun in between.

The application fee of \$15, or online \$16, is due by April 10. It includes a T-shirt, banquet dinner and as many events as you would like to enter.

New to the games this year are Contract Bridge and Duplicate Bridge.

Call (828) 884-3166 or (828) 884-3156 for more information. To register online visit torch.ncsenior-games.org.

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.

MARCH SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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>3</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-2:00 Tai Chi 1:00-3:00 Card Club 1:00-2:30 Pumpkin Fest Meeting 7:00-9:00 Music Circle at Silvermont</p>	<p>4</p> <p>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>5</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:10-45 Vaya Health Talk 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 1:00-3:00 Joys of Connecting 2:00-4:00 Wood Carvers</p>	<p>6</p> <p>9:30-12:00 Lunch Plus 11-11:30 Strength & Stretch 12-12:30 Stride for Health and Step-tember</p>
<p>9</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 3:00-4:30 Council on Aging</p>	<p>10</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:30-11:30 LWSG Board Meeting 11:15-12:00 Chair Yoga 1:00-2:00 Tai Chi 1:00-3:00 Card Club 1:00-3:00 Friends' Meeting 7:00-9:00 Music Circle at Silvermont</p>	<p>11</p> <p>9:30-12:00 Lunch Plus 10:00-10:45 Talk: Senior Companions 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg</p>	<p>12</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 1:00-3:00 Joys of Connecting</p>	<p>13</p> <p>9:30-12:00 Lunch Plus 11-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment</p>
<p>16</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>17</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p>	<p>18</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg 12:45-3:45 Glen Cannon Bridge</p>	<p>19</p> <p>9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 1:00-3:00 Joys of Connecting 2:00-3:45 Wood Carvers</p>	<p>20</p> <p>9:30-12:00 Lunch Plus 10-10:30 Stride for your Health 11-11:30 Strength & Stretch</p>
<p>23</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>24</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p>	<p>25</p> <p>9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg 2:30-3:30 Mindfulness Meditation</p>	<p>26</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10:00-10:45 Opus Therapy: Aging in Place 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 1:00-3:00 Joys of Connecting</p>	<p>27</p> <p>9:30-12:00 Lunch Plus 11-11:30 Strength & Stretch</p>
<p>30</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</p>	<p>31</p> <p>9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont</p>			