

Silvermont Senior Center releases its April schedule

The Silvermont Senior Center has lots planned for April.

Join the center for two special performances by the Brevard Middle School Choir on Tuesday, April 7 at 2 p.m. and Thursday, April 30 at 10 a.m. Starting April 9, Melodic Chair Yoga will be held on Thursday mornings from 11-11:45 a.m. This class will focus on breathing, mindfulness, warm up movements, seated and light yoga poses, gentle stretching and relaxation. It will be led by Jane Fuller with a \$5 fee.

Mindfulness Medita-

tion Training continues with Ward Johnson on Wednesday, April 8 from 2:30-3:45 p.m. This is a free program open to the public.

On Thursday April 23, at 10 a.m. there will be a guest lecture on de-cluttering and a free blood pressure check by Blue Ridge Health.

County offices will be closed Friday, April 3.

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.

Schenck Job Corps invites the public to April 2 dinner

The Schenck Job Corps is inviting the public to attend its April 2 community relations dinner. The dinner costs \$9. To RSVP, call

(828) 862-6100. The Job Corps is located in Pisgah National Forest adjacent to the Davidson River Camp-ground.

Monday		Tuesday		Wednesday		Thursday		Friday						
				9:30 -12:00 10:00-10:35 11:00-11:50 10:00-12:00 1:00-3:45 12:45-3:45	Lunch Plus Strength & Stretch Ageless Grace Sit & Stitch Mah-Jongg Glenn Cannon Bridge	1	9:30 -12:00 10:00-10:45 12:30-3:00 1:00-3:00 2:00-3:45	Lunch Plus Vaya Health Talk Super Scrabble Mountain Memoirs Wood Carvers	2	3	County Offices Closed			
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	6	9:00-9:45 9:30-12:00 1:00-3:00 1:00-2:00 1:00-3:00 2:00-2:45 7:00-9:00	Dance Fit Lunch Plus Pumpkin Fest Meeting Tai Chi Card Club BMS Middle School Choir free concert Music Circle at Silvermont	7	9:30 -12:00 10:00-12:00 2:30 -3:30 Meditation 1:00-3:45	Lunch Plus Sit & Stitch Mindfulness Mah-Jongg	8	9:00-9:45 9:30-11:00 9:30 -12:00 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00	Dance Fit Museum Tours Lunch Plus DHHS Talk "For the Blind" Melodic Chair Yoga Super Scrabble Mountain Memoirs	9	9:30-12:00 11:00-11:30 1:00-3:30 1:30 -3:45	Lunch Plus Strength & Stretch Museum Tours Mtn. Laurel Investment	10
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	13	9:00-9:45 9:30-12:00 1:00-2:00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Music Circle at Silvermont	14	9:30 -12:00 10:00-10:45 11:00-11:50 10:00-12:00 1:00-3:45 12:45-3:45	Lunch Plus WCCA "Food Allergies" Ageless Grace Sit & Stitch Mah-Jongg Glenn Cannon Bridge	15	9:00-9:45 9:30-11:00 9:30 -12:00 11:00-11:45 12:30-3:00 1:00-3:00 2:00-3:45	Dance Fit Museum Tours Lunch Plus Melodic Chair Yoga Super Scrabble Mountain Memoirs Wood Carvers	16	9:30-12:00 11:00-11:30 10:00-10:30 1:00-3:30	Lunch Plus Strength & Stretch Stride for your Health Museum Tours	17
9:00 - 9:45 9:30 -12:00 10:15-11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	20	9:00-9:45 9:30-12:00 1:00-2 :00 1:00-3:00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Friends' Meeting Music Circle at Silvermont	21	9:30 -12:00 10:00-12:00 11:00-11:50 1:00-3:45	Lunch Plus Sit & Stitch Ageless Grace Mah-Jongg	22	9:00-9:45 9:30 -12:00 9:30-11:00 9:45 -10:30 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00	Dance Fit Lunch Plus Museum Tours Blue Ridge Health Free blood pressure screenings AARP Decluttering Talk Melodic Chair Yoga Super Scrabble Mountain Memoirs	23	9:30- 12:00 11:00 -11:30 1:00-3:30	Lunch Plus Strength & Stretch Museum Tours	24
9:00 - 9:45 9:30 -12:00 10:15 -11:00 1:00-3:45 1:00 -3:30 1:00-2:30	Chi-Gong Lunch Plus Range of Motion Mah-Jongg Open Art Readers' Theatre	27	9:00-9:45 9:30-12:00 1:00-2 :00 1:00-3:00 7:00-9:00	Dance Fit Lunch Plus Tai Chi Card Club Music Circle at Silvermont	28	9:30 -12:00 10:00 -10:35 11:00-11:50 10:00-12:00 1:00-3:45	Lunch Plus Strength & Stretch Ageless Grace Sit & Stitch Mah-Jongg	29	9:00-9:45 9:30 -12:00 9:30-11:00 10:00-10:45 11:00-11:45 12:30-3:00 1:00-3:00 2:00-3:45	Dance Fit Lunch Plus Museum Tours BMS Middle School Choir Melodic Chair Yoga Super Scrabble Mountain Memoirs Wood Carvers	30			