

Silvermont Senior Center releases July schedule

Lots of programs are taking place at the Silvermont Senior Center this July, and everyone is welcome to stop by and check them out.

A new class will start this month, "Write, Share, and Grow" led by Connie Donaldson. Starting Friday, July 17, from 10-11:30 a.m., this group will gather weekly to provide older adults a chance to explore life's passages and challenges in an open, supportive peer group of writing, creative exercises and communion.

"Mindfulness Meditations" will meet on Wednesdays, July 1 and July 29, from 2:30-3:45 p.m. This program is led by Ward Johnson.

On Thursday, July 23 at 10 a.m., Luis Pinto with NC Legal Aid, will present information on wills and advanced directives. This is a free and educational program. The Music Circle will resume on July 7, from 7-9 p.m. Scrabble players meet on Thursdays from 12:30-3 p.m.

All county offices, including the Silvermont Senior Center, will be closed Friday, July 3 for the July 4 holiday.

The Silvermont Senior Center is open Monday through Friday, 8 a.m. to 4 p.m. and Tuesdays from 7 to 9 p.m.

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

Silvermont Senior Center July Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 12:45-3:45 Glenn Cannon Bridge 2:30-3:45 Mindfulness Meditations	2 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	3 COUNTY OFFICES CLOSED
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 1:00-3:00 Pumpkin Fest Meeting 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	8 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong	9 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	10 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours 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 1:00-2:00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	15 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 12:45-3:45 Glenn Cannon Bridge	16 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	17 9:30-12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 10:00-10:30 Stride for your Health 1:00-3:30 Museum Tours
20 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	21 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 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	22 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong	23 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 10:00-10:45 NC Legal Aid "Wills & ..." 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	24 9:30- 12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours
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 -3:30 Open Art 1:00-2:30 Readers' Theatre	28 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 1:00-2 :00 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	29 9:30 -12:00 Lunch Plus 11:00-11:50 Ageless Grace 10:00-12:00 Sit & Stitch 1:00-3:45 Mahjong 2:30-3:45 Mindfulness Meditations	30 9:00-9:45 Dance Fit 9:30 -12:00 Lunch Plus 9:30-11:00 Museum Tours 10:05-10:50 Tai Chi Practice 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoir	31 9:30-12:00 Lunch Plus 10:00-11:30 Write, Share, Grow Group 11:00-11:30 Strength & Stretch 1:00-3:30 Museum Tours