



SILVERMONT OPPORTUNITY CENTER

'Enjoying the Peak of Life'

364 East Main Street, Brevard ∞ 828-884-3166

A Division of WCCA - www.wcca.net

March 2009 CALENDAR

The Silvermont Opportunity Center is open to anyone 60 or better. There are no membership dues to join. You are welcome to make a donation to help underwrite the costs of our programs and instructors.

DAILY ACTIVITIES

8:30 to 11:30 every day enjoy an endless cup of coffee & wireless internet

SPECIAL PROGRAMS

Scheduled activities are subject to change.

NEW PROGRAMS IN BOLD PRINT

<p><u>Monday, March 1st</u> 9:00 Silvermont Striders Walking Group 12:30 Chess 1:00 Mah jongg 4:00 Zumba@Gold <u>Tuesday, March 2nd</u> 8:30 Tai Chi practice-no charge 1:00 Bridge Bridge Lessons-free Mah jongg Lessons-free <u>Wednesday, March 3rd</u> 12:15 Scrabble 1:00 Mah jongg; dulcimer practice 4:00 Zumba@Gold <u>Thursday, March 4th</u> 8:30 Individual Computer Lessons (<i>must have an appt</i>) 12:30 Chess 4:30 Hula Lessons <u>Friday, March 5th</u> 8:30 Sit Down! For Yoga <u>Monday, March 8th</u> 9:00 Silvermont Striders Walking Group 12:30 Chess 1:00 Mah jongg 4:00 Zumba@Gold <u>Tuesday, March 9th</u> 8:30 Tai Chi Practice-no cost 1:00 Bridge Bridge Lessons-free Mah jongg Lessons-free <u>Wednesday, March 10th</u> 12:15 Scrabble 1:00 Mah jongg; dulcimer practice 4:00 Zumba@Gold <u>Thursday, March 11th</u> 8:30 Individual Computer Lessons (<i>must have an appt</i>) 12:30 Chess 4:30 Hula Lessons <u>Friday, March 12th</u> 8:30 Sit Down! For Yoga <u>Monday, March 15th</u> 9:00 Silvermont Striders Walking Group 12:30 Chess 1:00 Mah jongg 4:00 Zumba@Gold <u>Tuesday, March 16th</u> 8:30 Tai Chi Practice-no charge 10:30 Non-fiction Book Group – "<u>The Coalwood Way: A Memoir</u>" by Homer Hickman</p>	<p><u>Tuesday, March 16th</u> 1:00 Bridge Bridge Lessons-free Mah jongg Lessons-free 3:00 "Achieve Your Ideal Weight" by Kashmyra Asnani Pre-registration & \$20.00 pre-pay required <u>Wednesday, March 17th</u> 12:15 Scrabble 1:00 Mah jongg; Dulcimer Practice 4:00 Zumba@Gold <u>Thursday, March 18th</u> 8:30 Individual Computer Lessons (<i>must have an appt</i>) 10:00 Operation "Toasty Toes" Meeting 12:30 Chess 4:30 Hula Lessons <u>Friday, March 19th</u> 8:30 Sit Down! For Yoga <u>Monday, March 22nd</u> 9:00 Silvermont Striders Walking Group 12:30 Chess 1:00 Mah jongg 4:00 Zumba@Gold <u>Tuesday, March 23rd</u> 8:30 Tai chi practice-no charge 1:00 Bridge Bridge Lessons-free Mah jongg lessons-free <u>Wednesday, March 24th</u> 12:15 Scrabble 1:00 Mah jongg <u>Thursday, March 25th</u> 8:30 Individual Computer Lessons (<i>must have an appt</i>) 12:30 Chess 4:30 Hula Lessons <u>Friday, March 26th</u> 8:30 Sit Down! For Yoga <u>Monday, March 29th</u> 9:00 Silvermont Striders Walking Group 12:30 Chess 1:00 Mah jongg 4:00 Zumba@Gold <u>Tuesday, March 30th</u> 8:30 Tai chi practice-no charge 1:00 Bridge Bridge lessons-free Mah jongg lessons-free <u>Wednesday, March 31st</u> 12:15 Scrabble 1:00 Mah Jongg; dulcimer practice 2:30 Cooking with Betty Bessette 4:00 Zumba@Gold</p>
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SPECIAL ANNOUNCEMENTS

Beginning Feb. 1st thru April 15th, AARP Volunteers will be offering FREE tax preparation by appointment only. Call 884-4787 to schedule an appointment. If you need help making an appointment or need transportation to your appointment, see Alice or Dale in the SOC Office, or call us at 884-3166.

BEGINNING THIS MONTH

Tuesday, March 2, 1:00: Bridge and Mah Jongg Lessons Several people have expressed interest in learning how to play bridge or mah jongg. Volunteers are willing to teach on Tuesdays in March. If you are interested in either of these 2 pursuits, call and put your name on the list.

Tuesday, March 16th, 10:30 Non-fiction Book Group The book this month is "The Coalwood Way: A Memoir" by Homer Hickman and is about growing up in the late 1940s & 1950s in a coal mine company town in southern West Virginia. The book is a sequel to "Rocket Boys", which was made into the movie "October Sky".

Tuesday, March 16, 3:00-4:30 "Achieve Your Ideal Weight" by Kashmyra Asnani
Are you experiencing the winter blues? Has feasting and hibernating during the winter made you feel heavy and sluggish? Do you feel that you need a fresh start? When the body is overweight or underweight, it is out of balance. Come to this seminar and learn how to maintain your ideal weight so that you feel strong, mobile, and energetic. Achieving your optimum weight gives you the freedom to enjoy your life to the fullest. ***Pre-registration is required. The cost is \$20.00 in advance or \$25.00 at the door. Call 884-3166 to register.***

Thursday, March 18, 10:00 Operation "Toasty Toes" meeting Due to illness the February meeting was canceled, so please plan on attending this month's meeting.

Thursday, March 25, 1:30 "Is it Dementia; Is it Alzheimer's?"
by Peggy Mc Guire You have concerns about someone's behavior, but you don't really know who to approach with your questions. This informational meeting is for the general public, caregivers, spouses, and loved ones who have questions about the two diseases; the warning signs; and available treatments. Peggy McGuire, with nearly 40 years of Medical research will try to answer your questions and give you local resources for additional information.

Wednesday, March 31, 2:30 Cooking with Betty Bessette This is a "Save the Date" reminder for those of you who are interested in Betty's class. The menu will consist of: *Shrimp 'n Grits and Roasted Asparagus*. Sounds good, doesn't it? Of course, those of you have attended previously know that it'll be delicious no matter what is. Space is limited, so sign up early. Participants must ***pre-register & pre-pay no later than March 24***, so that we can plan for groceries.

Since we had so many snow days in February, we are extending our Hula Lessons. If you haven't been able to come & watch a demonstration, it's something to see. Who knew that the body could become that loose and make moves like that? You really will be amazed at how many muscles you use. Come join us for a free demonstration any Thursday at 4:30...you'll get hooked!!

Due to the winter weather, and sickness we have had to cancel several classes and events. If you plan to participate in an event, it might pay to call ahead and make sure the event is still on the schedule since we have no way of contacting all of you.