

JUNE

Events Calendar

Date	Time	Event	Speakers	Notes
Tuesday 5	Beginners 8:45-10am Intermediate 10 -11:15 am	Pickleball Clinics Level 1 Level 2	Albert Noda USA Pickleball Ambassador	Must Pre-register \$ 5 Fee
Thursday 7	11 am	Health Rhythms Community Drumming Evidence-Based Program	John Beck Professor of Percussion, UNCSA	Must Pre-register
Friday 8	11 am	What You Need to Know About Shingles	Dr. Jo Cleveland, WFBH	Must Pre-register
Monday 11	6 pm	Things Every Senior Needs to Know About Funerals & Final Expense	Jeff McClure Lincoln Heritage Funeral Advantage	Must Pre-register
Tuesday 12	Beginners 8:45-10am Intermediate 10 -11:15 am	Pickleball Clinics Level 1 Level 2	Albert Noda USA Pickleball Ambassador	Must Pre-register \$ 5 Fee
June 14 - Aug. 2	12 noon- 2pm	A Matter of Balance Improve Strength & Balance Lecture & Exercise Workshop 8 weeks/Thursdays	Yvonne Diggs & Constance Poe A Matter of Balance Coaches Evidence-Based Program	Must Pre-register
June 12	6 pm	Multiple Sclerosis Seminar	Joyce Hudgins Certified Health Coach	Must Pre-register
June 19	11 am	Volunteer Opportunities	Legal Aid of North Carolina	Must Pre-register
June 28	11 am	Heart Health Seminar	Dr. Jessica Lee	Must Pre-register
Tuesdays & Thursdays	10 am	Weight Training for People with Diabetes	Coach Buddy Coach Liz Horne	Must Pre-register
Monday- Friday	Evenings	BodyPump See Master calendar for more details	YWCA Instructors Jewel & Julianne	Pre- registration is not required
Every Monday	Noon	Dominoes Game Day	Consuelo Kral	No Pre- registration
Every Wednesday	11 am	Bible Study	David Davis Teacher	

