

# OCTOBER EVENTS 2018

Revised 10/4/2018

Date	Time	Event	Speakers	Notes
Monday 8	11am	How to Stretch Your Grocery Dollars	Tineta Brown	Must pre-register Free
Thursday 11	10am	<b>AARP</b> Living Longer, Living Smarter	Dr. Althea Taylor-Jones, PhD	Must pre-register Free
Friday 12	11am	Parkinson's Disease Research Study Information Session	Christina Criminger, PT, PhD WSSU	Must pre-register Free
Monday 15	11am	Crisis Control Ministry <b>Learn About Services Offered</b>	Margaret Elliot Executive Director	Must pre-register Free
Tuesday 16	11am	Improve Your Balance	Yvonne Diggs Instructor	Must pre-register Free
Tuesday 16	5:30pm	What is Health Coaching	Corey Roman, RN, MSN, CHPN, CHC	Must pre-register Free
Thursday 18	10am	<b>AARP</b> Living Longer, Living Smarter	Dr. Althea Taylor-Jones, PhD	Must pre-register Free
Thursday 18	11am	Healthy Rhythms Community Drumming Class	John Beck, Professor of Percussion, UNCSA	Must pre-register Free
Friday 19	11am	Restore Your Health with Zurvita Zeal	Deb Frazier	Must pre-register Free
Tuesday 23	11am	Heart, Stroke & Prostate Cancer <b>for Men</b>	Dr. Bertoni WFBH	Must pre-register Women can attend
Thursday 25	10am	<b>AARP</b> Living Longer, Living Smarter	Dr. Althea Taylor-Jones, PhD	Must pre-register Free
Thursday 25	11am	Diabetes Summit	Dr. Jessica Lee	Must pre-register Free
Tuesday 30	8:45am to 10am	Pickleball Clinic Level 1 Beginners	Albert Noda USA Pickleball Ambassador	Must pre-register \$5.00 Per Session
Tuesday 30	12noon	Yoga Health Benefits	Morgan Johnson Yoga Instructor	Must pre-register Free
Tuesday 30	11am	Senior Services <b>Learn About Services Offered</b>	Laura Garland	Must pre-register Free
Every Monday	Noon	Dominoes Game Day <b>YWCA Cafe</b>	Consuelo Kral	Must pre-register Free
Every Wednesday	11 am	Bible Study <b>West Wing</b>	David Davis	Must pre-register Free
<b>Monday November 19</b>	<b>11:30am</b>	<b>Thanksgiving Potluck</b>	<b>Open to All Members</b>	Must pre-register <b>Bring a Dish!</b>

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