

EVENTS NOVEMBER 2018

Date	Time	Event	Speakers	Notes
Thursday 1	10am	AARP Living Longer, Living Smarter	Dr. Althea Taylor-Jones, PhD	Must pre-register Free
Monday 5	5:30pm	WFBH Orthopedic Physical Therapy Learn Ways to Overcome Persistent Pain	Cory Alcon, PT Allison Lease, PT	Must pre-register Free
Tuesday 6	8:45am to 10am	Pickleball Clinic Level 1 Beginners	Albert Noda USA Pickleball Ambassador	Must pre-register \$5.00 Per Session
Wednesday 7	11am	Weatherization Assistance Program Reliable, Efficient & Safe Ways to Stay Warm in the Winter & Cool in the Summer	Nikia Beal Piedmont Triad Regional Council	Must pre-register Free
Wednesday 7	9:30am	Adult Poetry Moment Create a Poem Improve Cognitive Function Heals Emotional Pain	Jane Penn Poet	Must pre-register Free
Monday 12	11am	The Power of Prayer 2 nd Monday of Every Month	Elevation Church Pastoral Team	No registration needed
Wednesday 14	11am	Dry Eye Disease Causes, Symptoms & Treatment	Dr. Harrill Eyecare Center	Must pre-register Free
Thursday 15	11am	The Diabetes Summit Healthy Recipes, Nutritional Guide & Reading Ingredients	Dr. Jessica Lee Maximize Living	Must pre-register Free
Friday 16	11am	United Health Care SilverSneakers Meeting	Amy Bruner UHC Agent	Must pre-register Free
Tuesday 20	11am	AARP Home Fit Guide Keep your home safe as you age	Dr. Althea Taylor- Jones, PhD	Must pre-register Free
Wednesday 21	11am	Community Drumming Circle Promotes Socialization	John Beck UNC School of the Arts	Must pre-register Free
Every Monday	Noon	Dominoes Game Day YWCA Cafe	Consuelo Kral	Must pre-register Free
Every Wednesday	10:45 am	Bible Study West Wing	David Davis Teacher	Must pre-register Free
New Group X Every Friday	9am	Senior PUMP Class type similar to BodyPUMP for older adults	Liz Horne Instructor	No registration needed
New Group X Every Wednesday	7am	Boom Move Dance to 60s, 70s, 80s Music	Constance Graham Instructor	No registration needed
New Group X Every Tues/Thurs	10am 6pm	Weight Room Training for Beginners Wellness Center	Fit Coach	Must pre-register Free
New Group X Every Saturday	10am	Weight Room Training for Beginners @ Wellness Center	Fit Coach	Must pre-register Free
New Group X Every Sunday	3:30pm	Weight Room Training for Beginners @ Wellness Center	Fit Coach	Must pre-register Free

