





# Walnut Cove Senior Center Activity Calendar February 2024

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Email- [wcseniorcenter@co.stokes.nc.us](mailto:wcseniorcenter@co.stokes.nc.us) Schedule Subject to Change/Call Ahead

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> -Cheerful Hearts Coloring-10-11AM -Crafty Thursday-10:30AM -BINGO-11-11:30AM  -Chi-Kung-3-4PM  -Beginners Yoga-4:30-5:30PM	<b>2</b> -Sit & Fit--King SC-9:30-10:15AM -Walnut Cove-10:45-11:30AM -Aqua Fit 10:30-11:15 @SFYMCA -Advance Computer-10-12 -Fun Day Friday-10:30-11AM	<b>3</b>
<b>4</b>	<b>5</b> -Yoga-9-9:45AM -Yoga Book Club-10AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>6</b> -Simple Cooking Facebook Live-11AM -Tablet/Phone Class-10-12PM - Aqua Fit-11:15-12PM@SFYMCA -Crocheting&Knitting-1-3PM -LineDance-4:30-5:30PM -\$4.00 per person -VFW Meeting-7PM	<b>7</b> -Yoga-9-9:45AM -Beginner's Computer-10-12PM -Walk Club-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA -Fun for All Line Dance Beginners-1-2PM -Fire Marshall Office-10:30AM-Inclement Weather	<b>8</b> -Cheerful Hearts Coloring-10-11AM -Painting w/ Pam-12PM -BINGO-11-11:30AM  -Chi-Kung-3-4PM  -Beginners Yoga-4:30-5:30PM -Town Hall Meeting-7PM	<b>9</b> -Sit & Fit--King SC-9:30-10:15AM -Walnut Cove-10:45-11:30AM -Aqua Fit 10:30-11:15 @SFYMCA -Advance Computer-10-12 -Fun Day Friday-10:30-11AM	<b>10</b>
<b>11</b>	<b>12</b> -Yoga-9-9:45AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>13</b> -Simple Cooking Facebook Live-11AM -Bookmobile-11AM -Tablet/Phone Class-10-12PM - Aqua Fit-11:15-12PM@SFYMCA -Crocheting&Knitting-1-3PM -LineDance-4:30-5:30PM -\$4.00 per person	<b>14</b> -Yoga-9-9:45AM -Beginner's Computer-10-12PM -Walk Club-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA -Fun for All Line Dance Beginners-1-2PM -Ruby Gaither-Brain Health as you age-10:30AM -Valentine Party-12PM	<b>15</b> -Cheerful Hearts Coloring-10-11AM -Crafty Thursday-10:30AM  -BINGO-11-11:30AM -Chi-Kung-3-4PM  -Beginners Yoga-4:30-5:30PM -Black History Program-10:30AM-History INFO.	<b>16</b> -Free Veterans Breakfast-9:30AM -Sit & Fit--King SC-9:30-10:15AM -Walnut Cove-10:45-11:30AM -Aqua Fit 10:30-11:15 @SFYMCA -Advance Computer-10-12 -Fun Day Friday-10:30-11AM -Birthday Party-12PM	<b>17</b> 

SUN	MON	TUE	WED	THU	FRI	SAT
<b>18</b> -Yoga-9-9:45AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>19</b> -Yoga-9-9:45AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>20</b> -Simple Cooking Facebook Live-11AM -Tablet/Phone Class-10-12PM - Aqua Fit-11:15-12PM@SFYMCA -Crocheting&Knitting-1-3PM -LineDance-4:30-5:30PM -\$4.00 per person	<b>21</b> -Yoga-9-9:45AM -Beginner's Computer-10-12PM -Walk Club-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA -Fun for All Line Dance Beginners-1-2PM  <b>Trellis-Pam Dawson-10:30AM</b>	<b>22</b> -Cheerful Hearts Coloring-10-11AM -Painting w/ Pam-12PM -BINGO-11-11:30AM  -Chi-Kung-3-4PM  -Beginners Yoga-4:30-5:30PM -Sensitivity Class at Early College  <b>Facebook Live w/Community Paramedic-10:30am</b>	<b>23</b> -Sit & Fit--King SC-9:30-10:15AM -Walnut Cove-10:45-11:30AM -Aqua Fit 10:30-11:15 @SFYMCA -Advance Computer-10-12 -Fun Day Friday-10:30-11AM  <b>Big Bingo-1-3PM</b>	<b>24</b> *Yoga will be <b>\$20.00 per month</b> . The fee is to be paid at the beginning of each month. The fee covers both Mon, Wed & Thurs classes. Please pay with exact amount
<b>25</b> -Yoga-9-9:45AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>26</b> -Yoga-9-9:45AM -Walk Live-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA - Tai-Chi-2-3PM  -Golden Zumba-3:15-4PM	<b>27</b> -Simple Cooking Facebook Live-11AM -Tablet/Phone Class-10-12PM - Aqua Fit-11:15-12PM@SFYMCA -Crocheting&Knitting-1-3PM -LineDance-4:30-5:30PM -\$4.00 per person	<b>28</b> -Yoga-9-9:45AM -Beginner's Computer-10-12PM -Walk Club-10:30AM -Aqua Fit-10:30-11:15AM @ SFYMCA -Fun for All Line Dance Beginners-1-2PM  <b>-Kayla Bohannon-Health Department-10:30am-</b>	<b>29</b> -Cheerful Hearts Coloring-10-11AM -Crafty Thursday-10:30AM  -BINGO-11-11:30AM -Chi-Kung-3-4PM  -Beginners Yoga-4:30-5:30PM -WCSC Book Club@ WC Library-1PM	<b>SFYMCA-Stokes Family YMCA</b> WCSC- Walnut Cove Senior Center <b>Mt. Valley Hospice &amp; Palliative-Blood Pressure Check</b> King SC- King Senior Center- Sit & Fit-Friday	<b>SFYMCA-Stokes Family YMCA</b> <b>WCSC-Walnut Cove Senior Center</b>

Bingo Sponsor for the Month:  
Aramark Senior Life w/ Stephanie Neal

Our mission is to involve, enrich, and empower the lives of seniors in our community-  
WCSC

**Hours of Operation:**  
Monday-Friday 8:30A-5:00P  
  
(After hours as needed)  
  
Lunch Served Mon-Fri at 11:30A  
  
Must be age 60+ and reside in Stokes County to eat

**Attention:** Children are not allowed in Adult classes. However, children are invited to intergenerational programs as scheduled.

**Drop-in Activities:**  
Local News Paper, Exercise Equipment, BP Monitor, Document faxing & shredding, and Library.