

# Stokes County Senior Center

## Expanded Services



# June 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	<b>3 10am Tech Class- NEW</b> Lawsonville JB 10:30am Sr Fit - Oak Gr TB 11am Walk Live - Pine Hall JBW 2pm Line Dance Lawsonville DR 4pm Yoga- Danbury KM	<b>4 10am Sit &amp; Fit- Sandy Ridge TB</b> <b>1pm Cardio Drumming - Danbury LT NEW</b> 2pm Tech Class- Sandy Ridge JB 5:30pm Gentle Yoga- Francisco KM	<b>5 10:30am Sit &amp; Fit- Lawsonville TB</b> 10:30am Gentle Yoga- Pine Hall RL <b>2pm Senior Fitness- Danbury JS</b>	<b>6 9am Outdoor Walking- Pine Hall LT NEW</b> 10am Senior Strong - Oak Grove TB **NO SIT & FIT- Francisco** <b>1pm Basic Decluttering with Co-Ext - Pine Hall</b>	<b>7 10am Senior Strong- Lawsonville RL</b> <b>12pm Ready, Set, Sit- Sandy Ridge LT</b> <b>2pm Fit &amp; Fabulous- Danbury JS</b>	8
9	<b>10 10:30 Senior Fitness - Oak Grove TB</b> <b>11am - Lawsonville - Patriotic Wreaths</b> 11am Walk Live - P. Hall JBW 2pm Line Dance - L-ville DR 4pm Yoga- Danbury KM	<b>11 10am Sit &amp; Fit- Sandy Ridge TB</b> <b>1pm Cardio Drumming - Danbury LT</b> 2pm Tech Class- Sandy Ridge JB 5:30pm Gentle Yoga- Francisco KM	<b>12 10:30am Sit &amp; Fit Lawsonville TB</b> 10:30am Gentle Yoga- Pine Hall RL <b>2pm Senior Fitness- Danbury JS</b>	<b>13 9am Outdoor Walking- Pine Hall LT</b> 10am Senior Strong- Oak Grove TB 10am Sit & Fit- Francisco JS 2pm Line Dance- Pine Hall DR	<b>14 10am Senior Strong- Lawsonville RL</b> <b>12pm Ready, Set, Sit- Sandy Ridge LT</b> <b>2pm Fit &amp; Fabulous- Danbury JS</b>	15
16	<b>17 10:30am Senior Fitness Oak Grove TB</b> 11am Walk Live - P. Hall JBW <b>1pm BINGO - Danbury</b> 2pm Line Dance L-ville DR 4pm Yoga- Danbury KM	<b>18 10am Sit &amp; Fit- Sandy Ridge TB</b> <b>1pm Cardio Drumming - Danbury LT</b> 2pm Tech Class- Sandy Ridge JB <b>2pm Air Fryer Class - S Ridge</b> 5:30pm Gentle Yoga-	<b>19 10:30am Sit &amp; Fit Lawsonville TB</b> 10:30am Gentle Yoga- Pine Hall RL <b>12pm Handbuilding- Danbury</b> 2pm Senior Fitness- Danbury JS	<b>20 9am Outdoor Walking- Pine Hall LT</b> 10am Senior Strong- Oak Grove TB 10am Sit & Fit- Francisco JS 2pm Line Dance- Pine Hall DR <b>3pm BINGO - Oak Grove</b>	<b>21 10am Senior Strong- Lawsonville RL</b> <b>12pm Ready, Set, Sit- Sandy Ridge LT</b> <b>2pm Fit &amp; Fabulous- Danbury JS</b>	22
23	<b>24 10am Tech Class- Lawsonville JB</b> 10:30am Sr Fitness- Oak Grove TB 11am Walk Live - P.Hall JBW 2pm Line Dance L-ville DR 4pm Yoga- Danbury RL	<b>25 10am Sit &amp; Fit- Sandy Ridge TB</b> <b>1pm Cardio Drumming - Danbury LT</b> 2pm Tech Class- Sandy Ridge JB 5:30pm Gentle Yoga- Francisco RL	<b>26 10:30am Sit &amp; Fit Lawsonville TB</b> 10:30am Gentle Yoga- Pine Hall RL <b>12pm Med Instead of Meds - Danbury</b> 2pm Senior Fitness- Danbury JS	<b>27 9am Outdoor Walking- Pine Hall LT</b> 10am Senior Strong Oak Grove TB 10am Sit & Fit- Francisco JS	<b>28 10am Senior Strong- Lawsonville RL</b> <b>12pm Ready, Set, Sit- Sandy Ridge LT</b> <b>2pm Fit &amp; Fabulous- Danbury JS</b>	29
30				<b>Instructors:</b> RL: Randi Luzwick KM: Karen Mercer JS: Julia Schafer JB: Judy Brown DR: Don Richardson LT: Laura Taylor JBW: Jennifer Bower TB: Tammie Bennett	For more information: Contact Paula Hall, Director, King Senior Center 336-983-0751 or Reba Dodson, Coordinator, Walnut Cove Senior Center 336-591-5442	