

OCTOBER 2024 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Center Hours: Monday – Friday 9am until 2 pm For Immediate Assistance Or Emergency PLEASE CALL Amy Vernon, Executive Director 864-978-2315 Lynn Cogdill, Admin Assistant 864-415-5027	1 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 1:00-2:00 Yoga, Activity Room F111 - canceled	2 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2208 11:45-12:45 – Live, Love, Line Dance – Social Hall	3 9:30-11:00 Tai Chi, Social Hall	4 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 11:30-12:30 Coloring for Adults – Rm 2205
7 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2217 11:30-12:30 Needle'n Around – Rm 2205	8 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 11:00-1:30 – Sassy Ladies Luncheon @ Copper River in Boiling Springs – Call Merle Whistenant - (864) 504-2225 to RSVP	9 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2208 11:45-12:45 – Live, Love, Line Dance – Social Hall 12:00 BOARD MTG Rm 2215	10 9:30-11:00 Tai Chi, Social Hall 11:15-12:15 – “Losing My Husbands: One Woman’s Experience with Grief” – Nancy Needy - Rm2207	11 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 11:30-12:30 Coloring for Adults – R 2205
14 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2217 11:30-12:30 Needle'n Around – Rm 2205 12:00-1:00 Book Club, “Whirlygig” by Mary Ann Claud – Library	15 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 1:00-2:00 Yoga, Activity Room F111	16 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2208 - canceled 11:45-12:45 – Live, Love, Line Dance – Social Hall 12:00-1:00 – Farmer’s Market – Room 2207	17 9:30-11:00 Tai Chi, Social Hall	18 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 11:30-12:30 Coloring for Adults - Rm 2205
21 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2217 11:30-12:30 Needle'n Around - Rm 2205	22 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 12:00-1:00 – Venture Financial presentation – Rm 2207	23 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2208 11:45-12:45 – Live, Love, Line Dance – Social Hall	24 9:30-11:00 Tai Chi, Social Hall	25 Senior Resource Fair
28 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2217 11:30-12:30 Needle'n Around - Rm 2205	29 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance Beginners 10:15-11:00 Line Dance Intermediate 11:00-11:45 Line Dance Intermediate Pt 2 12:00-1:00 – Paint ‘n Sip – Oak Street Health – Rm 2205	30 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2208 11:45-12:45 – Live, Love, Line Dance – Social Hall	31 9:30-11:00 Tai Chi, Social Hall 1:00-2:00 – Come Walk With Us, partnering with Life Long Learning, meet in YMCA parking lot	