



Be sure to call each rec center to confirm times and dates as they may be subject to change

SENIOR PROGRAMMING

(NOTE: There are several offerings below through Forsyth Tech. The phone number is 761-1002)

Name	Time/Day	Location	Fees
Basket Weaving			
Basket Weaving	1pm M	South Fork	No Charge
Basket Weaving	6pm-8:30pm 1 st T	Georgia Taylor	No Charge
Bridge			
Stratified Bridge	1pm-5pm MWF	Georgia Taylor	ACBL Fees
Bridge Lessons	12pm-1pm M	Georgia Taylor	ACBL Fees
Bridge	1-4:30pm M	Carl H Russell	Dues
Bridge	1pm-3pm 1 st W 1pm-3pm T 2pm-4pm T	Polo Park	No Charge
Duplicate Bridge Game	1pm-4:30pm T	South Fork	ACBL Fees Apply
Recreational Bridge	12pm-3pm W	South Fork	Free. Call to resrv table
Calligraphy			
Calligraphy (FTCC)	6pm M	South Fork	Call FTCC to register
Computer lab class			
Computer Lab	10am-12pm M-TH	Black Phillips Smith	No Charge
Computer Class	10am-11:30am 4 th TH	WC Sims	No Charge
Computer Boomers	10am T	W.R. Anderson	No charge
Computer One on One	3pm F	South Fork	No charge(call for appt)

Beginners Computer Class	10am-12pm 3 rd TH	Rupert Bell	No Charge
Computer Tech Savvy	2pm-4pm M	South Fork	Free (Must pre-register)

Crafts

Craft Fellowship	10am-1pm TH	14 th Street	No Charge
Painting	9:30-12pm T	Polo Park	No Charge
Painting	6-8pm M	Polo Park	No Charge
Art Guild	10-12pm 1 st & 3 rd M	Old Town	No Charge
Craft Club	1:30pm-3:30pm 3 rd T	South Fork	Call for details
Beading Studio	10am-2pm 1 st &3 rd TH	South Fork	No charge
Becasso's (sewing/art group)	10am-12pm 4 th T	Little Creek	No Charge
Crochet- FTCC	1pm-4pm W	South Fork	Call FTCC to Register
Flower Arranging-FTCC	6pm-8pm T	South Fork	Call FTCC to Register
Friday Painters	1pm-4pm F	South Fork	No Charge
Acrylic Painting Studio	9:30am-12pm	South Fork	No Charge

Cribbage

Cribbage	6pm-10 T	Polo Park	No charge
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EXERCISE

Chair Yoga	10am-11am W	14 th Street	No Charge
Chair Volleyball	11am W	14 th Street	No Charge
Chair Yoga	9-11am T, TH	W.R. Anderson	No Charge
Yoga for Adults	6-7pm TH	Little Creek	\$7/class, \$25/month
Rupert Bell Sittercise Class	10am-11am M,W,F	Rupert Bell	No Charge
Sittercise	2pm-2:45pm T, TH	Miller Park	No Charge
Mixed Fit	6pm-7pm W	Miller Park	\$5/class, \$20/5, \$35/10
Sittercise	11am-12pm T	Brown & Douglas	No Charge

TOPS/Taking Off Pounds	5-6pm TH	Brown & Douglas	No Charge
Sittercise	9:30am-10am M,W	Sedge Garden	No Charge
Sittercise	10am-11am M, W 3pm-4pm TH	Carl Russell	No Charge
Walking Program	9:30-10am T,TH	South Fork	No Charge
Chair Volleyball	11:15-12pm M	South Fork	No Charge
Sittercise	10am-10:45 T, TH	South Fork	No Charge
Aerobic Dance	6pm-7pm T, TH	South Fork	Club/Organization Newcomers Welcome
Dance			
Ballroom (Beginner)	7:30pm-8:30pm W	South Fork	\$20/ 4 week session
Ballroom (Beginner)	8:30pm-9:30pm TH	South Fork	\$20/ 4 week session
Ballroom (Non Beginner)	8:30pm-9:30pm W	South Fork	\$20/ 4 week session
Ballroom (Non Beginner)	7:30pm-8:30pm TH	South Fork	\$20/ 4 week session
Belly Dancing	6:30-7:15pm W	South Fork	\$65/6 week session \$15 Drop-in fee
Clogging Beginner (7-99+)	4pm-4:30pm M	South Fork	\$20/4 week session
Clogging Non beginner	7:30pm-8:30pm T	South Fork	\$25/4 week session
Aerobic Dance	6pm T,TH	South Fork	No Charge
Line Dance- Country Western	7pm-8pm M	South Fork	\$25/4 week session
Line Dance (55+)	3pm-4pm M	South Fork	\$20/4 week session
Shag	6pm-7pm M	South Fork	\$25/4 week session
Winston-Salem Ballroom	7pm-11pm 1 st S	South Fork	Ballroom Dance Club
Beginner Clogging	5pm-6pm T	Old Town	\$20/month, \$5 drop in
Beginner Line Dance	6pm-7pm T	Old Town	\$20/month, \$5 drop in
Clogging	11am-12pm F	Old Town	\$20/month, \$5 drop in
Line Dance	10am-11am F	Old Town	\$20/month, \$5 drop in
Beginner's Line Dance	2:30-3:30,6-7 M(pm)	14 th Street	No Charge

Beginner Line Dance	10am-12pm 4 th TH	Rupert Bell (SPU)	No Charge
Snappy Tappers (Dual)	9:30am -10:30am M 10:30am-11:30am W	Little Creek	\$50/month
Snappy Tappers (Beginners)	9:30-10:30am W	Little Creek	\$30/month
Line Dance	6-8pm M	Brown & Douglas	No Charge
Line Dance	5-6pm 1 st M/ 3 rd W	Brown & Douglas	No Charge
Zumba	7pm-8pm M 6pm-7pm W	Old Town	\$20/month \$5 drop in
Games			
American Mah Jong	12pm-4:30 M	Miller Park	No charge
BINGO	10-1pm TH	Sprague	\$1 per board
Pinochle	10am-12pm 1 st &3 rd T	WC Sims	No Charge
Groups			
Winston-Salem Chess Club	6pm-10pm TH	Miller Park	No charge
Winston-Salem Coin Club	7pm-10pm 2 nd M	Miller Park	No Charge
Winston-Salem Stamp Club	7pm-10pm last T	Miller Park	No Charge
Seniors of Distinction	10am-12pm 1 st &3 rd W	Sprague	No Charge
Out of Site	9am-12pm 1 st &3 rd TH	Polo Park	No charge
The Essential Oils Club	7pm-9pm 1 st TH	South Fork	No Charge Newcomers Welcome
South Fork Acoustic Jam	6-7:30pm 1 st & 3 rd W	South Fork	No Charge
Triad Investors	6:30-8:30pm 1 st TH	Polo Park	Membership
Atkins Alumni	6pm-7pm 4 th M,T	Brown & Douglas	No charge
Atkins Reunion	7pm-8pm 4 th T	Brown & Douglas	No Charge
American Legion Post	6-8pm 1 st T	Brown & Douglas	No Charge
BGR Book Club	6-8pm 1 st M	Brown & Douglas	No Charge
Friends of Winston-Salem	6-8pm 2 nd TH	Brown & Douglas	No Charge

Pfafftown Packers Board	6-8pm 3 rd TH	Brown & Douglas	No Charge
Winston-Salem Beauticians	9:30-11:30am 1 st M	Brown & Douglas	No Charge
MLK Jr. Seniors	10:00am-12pm M, W	Martin Luther King Jr	No charge
MLK Jr. 25 th St Club	2pm-4pm 2 nd T	Martin Luther King Jr	No charge
Carver Alumni Group	7pm-9pm 3 rd T	Carl H Russell	No charge
Carver Senior Club	11-1pm 2 nd &4 th T	Carl H Russell	Annual Dues
Northwood Estates	5-6pm 4 th M	Carl H Russell	No Charge
Castle Heights	6:30-7:30pm Last TH	Carl H Russell	No charge
Local Organization Committee	7pm-9pm TH	Carl Russell	No Charge
Net. For Better Neighbors	7pm-9pm Last M	Carl Russell	No Charge
Investment Club	6pm-8pm 3 rd TH	Carl Russell	No Charge
Golden Senior Crowns Club	10am 2 nd M	14 th Street	No Charge
Senior Club	10am 3 rd M	Hanes Hosiery	No charge
Old Town Senior Friends	1pm 2 nd T	Old Town	No charge
Old Town Women's Club	7pm 4 th TH	Old Town	No Charge
Winston-Salem Beauticians	10am-12pm 1 st M	Brown & Douglas	No Charge
Good Neighbors Sr. Citiz. Club	1pm-4pm 1 st F	Rupert Bell	No Charge
Skyland Senior Citizens Club	10am-12pm 1 st &3 rd TH	Rupert Bell	No Charge
Happy Hill Seniors	10am-1pm 3 rd TH	WC Sims	No Charge
Power Squadron- Boater Safety	7pm T (in Oct.)	Old Town	\$26/month

Group (Support)

Fellowship Support Group	8:30am-10:30am S	South Fork	No Charge
Gamblers Anonymous	7pm-9pm TH	South Fork	No Charge
CoDependency Support Group	6:30pm W	South Fork	No Charge
Project Healing Waters	9:15-12pm W	South Fork	No Charge
We are Standing Strong	6-7:30pm 1 st T	South Fork	No Charge

(Cancer Support Group)

Mentoring Young Minds 4-6pm M, TH, F Brown & Douglas No Charge

Home Extension Clubs (special event each month)

Broadbay Home Extension 1pm-3pm 3rd W Sedge Garden No Charge

Nutrition

Senior Lunch Program 10am-12:30 MWF Brown and Douglass No Charge

Senior Nutrition Program 10am-1pm MWF Sprague No Charge

Open Gym for Seniors

Open Gym 9:00am M, T, TH
12pm W, F (until 6) Hanes Hosiery No Charge

Open Play 12pm-2:30pm M-F Polo Park No Charge

Pickleball

Pickleball 9am-12pm MWF
6pm-10pm TH Polo Park No Charge

Pickleball 5:30pm MWTH Georgia Taylor No Charge

Intro to Pickleball 10am-12pm T, TH Little Creek \$2/class, \$15/month

Pickleball 9:30am-12pm TH Georgia Taylor No Charge

Quilting

Quilting 9:30am-11:30am W Old Town No Charge

Quilting Applique 10am-11:30am 4th TH Old Town No Charge

Sewing Class

Sewing 10am-12pm TH WC Sims No Charge

Busy Bee Sewing 9:30am-4pm TH Georgia Taylor No Charge

Knitting Class 6:30-10pm T Polo Park No Charge

Table Tennis

Beginner	1pm-7pm W	Miller Park Rec Center	No Charge
Senior Table Tennis	9am-1pm MWF	Miller Park Rec Center	No Charge
Open Table Tennis	7pm-9:45pm W	Miller Park Rec Center	No Charge

Walking Clubs

Walking Club	9:00am-9:30am M-F	Sedge Garden	No Charge
Walking Club	9:00am M-F	W.R. Anderson	No charge

Yoga

Gentle Yoga	9:30-10:30 M, W, 1 st F	Miller Park	\$35/4 classes, \$64/8 \$10/drop in
Yoga	9am-10am T TH	Old Town	\$30/month
Yoga- Gentle	1pm-2pm M	South Fork	\$30/ 4 week session \$9/ drop in

