

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
1	Game Day 2 Coffee Club/Easy Music 9:30/Fitn Room 10:00 BP- Faith Community Nurse 10:30 Board Games 10:30 Tai Chi 6:00 pm	3 Coffee Club/Word Games 9:30 Fitn. Room/Shopping 10:00 Physical Activities 10:30 Table Tennis 12:00 Sampler Dance 7:00 pm	4 Music Day Coffee Club/TV News 9:30 Fitness Room 10:00 Music w/ Betty Craven 10:30 12:00 Card Games Hatha Yoga 6:00 pm	5 Lunch & Learn Coffee Club/Brain Aerobic 9:30 Fitness Room 10:00 "Dealing with Grief & Loss" 10:30 Chat & Crochet 12:00	6 L. Dance Class 9:30 Coffee Club/Word Games 9:30 Bingo 10:30 Card Games 12:00	7
8	Game Day 9 Coffee Club/Easy Music 9:30 Fitn Room/ Board Games 10:00 Tai Chi 6:00 pm	10 Coffee Club/Word Games 9:30 Fitn. Room/Shopping 10:00 Yoga/Physical Activities 10:30 Table Tennis 12:00 Sampler Dance 7:00 pm	11 Music Day Coffee Club/TV News 9:30 Fitness Room 10:00 Seniors Favorites 10:30 12:00 Card Games Hatha Yoga 6:00 pm	12 Lunch & Learn Coffee Club/Brain Aerobic 9:30 Fitness Room 10:00 "History of St Patrick's Day " 10:30 Chat & Crochet 12:00	13 L. Dance Class 9:30 Coffee Club/Word Games 9:30 Bingo w/ Home Health 10:30 Card Games 12:00	14
15	Open House 16 Coffee Club/Easy Music 9:30 Fitn Room/ 10:00 Board Games 10:30 Chair Tai Chi 10:30 Tai Chi 6:00 pm	17 St. Patrick's Day Coffee Club/Word Games 9:30 Fitn. Room/Shopping 10:00 Yoga/Physical Activities 10:30 Table Tennis 12:00 Sampler Dance 7:00 pm	18 Music Day Coffee Club/TV News 9:30 Fitness Room 10:00 Music w/ Wendy Fogleman 10:30 12:00 Card Games Hatha Yoga 6:00 pm	19 Lunch & Learn Coffee Club/Brain Aerobic Fitness Room/ BP- Care South 10:00 "COPD-Breathing" 10:30 Chat & Crochet 12:00	20 L. Dance Class 9:30 Coffee Club/Word Games 9:30 Bingo 10:30 Card Games 12:00	21 Human Race
22	Game Day 23 Coffee Club/Easy Music 9:30 Fitn Room/ Board Games 10:00 Tai Chi 6:00 pm	24 Coffee Club/Word Games 9:30 Fitn. Room/Shopping 10:00 Yoga/Physical Activities 10:30 Table Tennis 12:00 Sampler Dance 7:00 pm	25 Music Day Coffee Club/TV News 9:30 Fitness Room 10:00 Sing along w/ Betty Allred 10:30 12:00 Card Games Hatha Yoga 6:00 pm	26 Lunch & Learn Coffee Club/Brain Aerobic Fitness Room 10:00 "Food Safety " 10:30 Chat & Crochet 12:00	27 L. Dance Class 9:30 Coffee Club/Word Games 9:30 Bingo w/ Cross Road 10:30 Card Games 12:00	28
29	Game Day 30 Coffee Club/Easy Music/Fitn Room/Birthday Party 10:00 BP-Randolph Hospital Home Health 10:30 Tai Chi 6:00 pm	31 Coffee Club/Word Games 9:30 Fitn. Room/Shopping 10:00 Physical Activities 10:30 Table Tennis 12:00 Sampler Dance 7:00 pm	Senior Games BBQ Chicken Dinner March 6 5:00 –8:00 pm	The Human Race March 21 9:00 am – 12:00 pm Fundraising to benefit local nonprofits	Countywide Bingo March 25 Asheboro Center	

For Lunch and Activity Reservations: call the Center prior to Noon the day before (336) 622-5844

Liberty Barber Shop
 131 W Swannanoa Ave
 Downtown Liberty
 Tue-Fri 8:00am to 6:00pm
 Sat 8:00am to 12:30pm
 Brian Riggs
 Owner / Operator



*Come Out
 And
 Become
 Part Of The
 Friends At
 Liberty
 Senior
 Center*

Lunch & Learn Programs
 Reitzel-Liberty Senior Center

March 5, 10:30 am
 "Dealing with Grief and Loss"
 Rodney Otwell & Tim Pheagin
 Hospice of Randolph County

March 12, 10:30 am
 "History of St. Patrick's Day"
 Staff

March 19, 10:30 am
 "COPD"
 Michelle Harrell -Care South

March 26, 10:30 am
 "Food Safety"
 Gregg Hancock
 Randolph County Health Department

Lunch and Learn is brought to you each Thursday to educate, inform and enlighten you on a variety of topics. The public is welcome. For addition information and for lunch reservations call the Reitzel-Liberty Senior Center prior to noon the day before at 622-5844.



Jean Gaston helping Saretta Davis with her bird feeder craft.



Jean Gaston helping Margel Arrington with the finishing touch to her bird feeder

Paul Bruchon Lawn Care
 Lawn Care Specialist



622-1362 509-1752

*Free Estimates-References-Professional
 Mowing- String Trimming- Leaf Blowing- Chainsaw
 Fertilizer/Seeding- Small Tractor Work*