



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 Studio	1pm M	South Fork	No Charge
Basket Weaving	6pm-8:30pm 1 st T	Georgia E. Taylor	No Charge
Bridge			
Stratified Bridge	1pm-5pm MWF	Georgia E. Taylor	ACBL Fees
Bridge Lessons	12pm-1pm M	Georgia E. Taylor	ACBL Fees
Bridge	1-4:30pm M	Carl H. Russell, Sr.	Dues
Duplicate Bridge Game	1pm-4:30pm T	South Fork	ACBL Fees
Computer Lab Class			
Tech Wise	12:30p-2:30p M,W,F	Brown & Douglas	Call to Register
Computer Lab	10am-12pm M-TH	Black Phillips Smith	No Charge
Computer Class	10am-11:30am 4 th TH	William C. Sims, Sr.	No Charge
Computer Boomers	10am T	William R. Anderson, Jr.	No charge
Computer One on One	3pm F	South Fork	No Charge(call for appt)
Crafts			
Craft Fellowship	10am-1pm TH	Minnie Lee Davis Harris	No Charge
Adult Coloring	2pm TH	Brown & Douglas	No Charge
Painting	9:30-12pm T	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
Friday Painters	1pm-4pm F	South Fork	No Charge
Acrylic Painting Studio	9:30am-12pm	South Fork	No Charge

Cribbage

Cribbage	5pm-8pm T	Polo Park	No charge
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Dance

Beginner Line Dance	12:45pm-1:30pm M,W	Martin L. King, Jr.	See Instructor
Advance Line Dance	2:30pm-3:30pm M	Martin L. King, Jr.	See Instructor
Advance Line Dance	2:30pm-4:30pm W		
Advance Line Dance	6pm-7pm M	Martin L. King, Jr.	See Instructor
Advance Line Dance	7pm-8pm M		
Advance Line Dance	6:30pm-7:30pm TH	Martin L. King, Jr.	See Instructor
Line Dance- New Beginners	5:45pm-6:45pm M	South Fork	\$7/class
Line Dance- Beginner Plus	6pm-7pm M	South Fork	\$7/class
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
Line Dance	4pm-5:30pm M,TH	Rupert Bell	No Charge
Zumba	7pm-8pm M	Old Town	\$20/month \$5 drop in
	6pm-7pm W		

Exercise

Chair Yoga	9-11am T, TH	William R. Anderson, Jr.	No Charge
Adult Tennis	9:30am W,F	Brown & Douglas	No Charge
Chair Exercise	11am T	Brown & Douglas	No Charge
Tai Chi	2am T,TH (8/2021)	Brown & Douglas	No Charge
Chair Volleyball	11:15-12pm M	South Fork	No Charge

Games

American Mah Jong	12pm-4:30 W	Miller Park	No Charge
Card Shark	1pm M (Pinochle) 1pm T (Bid Whist) 1pm W (Spades) 1pm TH (Pokeno) 1pm F (Rummy)	Brown & Douglas	No Charge
Scrabble	11am TH	Brown & Douglas	No Charge
BINGO	10-1pm TH	Sprague Street	\$1 per board
Pinochle	10am-12pm 1 st &3 rd T	William C. Sims, Sr.	No Charge
Rook	10am-12pm F	Polo Park	No Charge
Pinochle	11am-3pm F	Rupert Bell	No Charge
Groups			
Winston-Salem Chess Club	6pm-9pm TH	Miller Park	No Charge
Winston-Salem Coin Club	7pm-9pm 2 nd T	Miller Park	No Charge
Winston-Salem Postcard Club	6:30pm-8pm 1 st T	Miller Park	No Charge
Winston-Salem Stamp Club	7pm-9pm last T	Miller Park	No Charge
Seniors of Distinction	10am-12pm 1 st &3 rd W	Sprague Street	No Charge
Triad Investors Club	7pm-8:30pm 1 st TH	Polo Park	Membership
Atkins H.S. Alumni Assoc.	6pm 4 th M	Brown & Douglas	No charge
Atkins H.S. Class of 1969	5pm 4 th T	Brown & Douglas	No Charge
Friends of Winston-Salem	6:30pm 2 nd TH	Brown & Douglas	No Charge
Carver Alumni Group	7pm-9pm 3 rd T	Carl H. Russell, Sr.	No charge
Carver Senior Club	11-1pm 2 nd &4 th T	Carl H. Russell, Sr.	Annual Dues
Northwood Estates	5pm-6pm 4 th M	Carl H. Russell, Sr.	No Charge
Castle Heights	6:30pm-7:30pm Last TH	Carl H. Russell, Sr.	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	Minnie Lee Davis Harris	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
Happy Hill Seniors	10am-1pm 3 rd TH	William C. Sims, Sr.	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 (Cancer Support Group)	6-7:30pm 1 st T	South Fork	No Charge

Home Extension Clubs (special event each month)

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

Adult Outreach Mobile Library	11am 4 th M	Brown & Douglas	No Charge
Cooking Matters	4pm-6pm T	Rupert Bell	No Charge

Nutrition

Senior Services Lunch Program	10am-12:30pm M,W,F	Brown & Douglass	No Charge
Senior Nutrition Program	10am-1pm MWF	Sprague Street	No Charge

Open Gym for Seniors

Open Gym	9:00am M, T, TH 12pm W, F (until 6)	Hanes Hosiery	No Charge
Open Gym Basketball	6:30pm-8:30pm M,TH	Polo Park	No Charge
Open Gym Basketball	11:30am-1:30pm S	Polo Park	No Charge

Pickleball

Pickleball	9:30am-12pm M,W 9:15am-11:15am S	Polo Park	No Charge
Pickleball	9am-1pm M-F 6pm-8:45pm W	Sedge Garden	No Charge
Pickleball	5:30pm M, W, TH	Georgia E. Taylor	No Charge
Pickleball	9:30am-12pm TH	Georgia E. Taylor	No Charge

Quilting

Quilting	9:30am-11:30am W	Old Town	No Charge
Quilting Applique	10am-11:30am 4 th TH	Old Town	No Charge

Sewing Class

Sewing	10am-12pm TH	William C. Sims, Sr.	No Charge
Busy Bee Sewing	9:30am-4pm TH	Georgia E. Taylor	No Charge

Sittercise

Sittercise	10:00am-11:00am TH	Martin L. King, Jr.	See Instructor
Sittercise	1pm-1:45pm M,W	Polo Park	No Charge
Sittercise	9:30am-10am M, W	Sedge Garden	No Charge
Sittercise	10am-11am M, W 3pm-4pm TH	Carl Russell	No Charge
Sittercise	10am-10:45 T, TH	South Fork	No Charge
Sittercise	10am-11am M,W,F	Rupert Bell	No Charge

Table Tennis

Table Tennis	11am-1pm M,W,F	Miller Park Rec Center	No Charge
Table Tennis	10am-12pm S	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	William R. Anderson, Jr.	No charge

Walk It Out Walking Club	9am M-F	Brown & Douglas	No Charge
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Yoga

Gentle Yoga	9am-10am M,W,F	Miller Park	\$35/4 classes, \$64/8 \$10/drop in
Gentle Yoga	6pm-7pm M	Miller Park	\$35/4 classes, \$64/8 \$10/drop in
Yoga	9am-10am T TH	Old Town	\$30/month
Yoga	9am M,W	Brown & Douglas	No Charge
Yoga- Gentle	1:00pm-2:00pm W	South Fork	\$10/Drop-in \$35/4 classes \$64/8 classes

