

Class Listings ...register on page 35

Smith Senior Center
2401 Fairview St.
375-2234 or 375-2237

A.H.O.Y. Chair Exercise

Ages: Seniors, 55 years & better!
Fee: Free

Dates: Ongoing, year-round
Times: 9:15-9:45 am (Thursday)
Instructor: Senior staff, 375-2237

Exercise classes for seniors, who are unable to stand for any length of time. Bring small hand weights to class.

A.H.O.Y. (Add Health To Our Years)

Ages: Seniors, 55 years & better!
Fee: Free

Dates: Ongoing, year-round
Times: 9:15 am (M/W/Sat)

Instructor: Senior staff, 375-2237
Trotter Center, T/Th, 10:30 am
Lewis Center, M/W/F, 9:15 am
Leonard Center, M/W/F, 10:30 am
Lindley Center, M/T/Th, 2:15 pm
Brown Center, T/Th, 9:15 am
Peeler Center, T/Th, 10:30 am

Free group exercise classes, coordinated through the Greensboro Seniors' Unit.

Bingo

Ages: Seniors, 55 years & better!
Fee: Free

Dates: 3rd Tuesday of the month
Times: 9:30-11 am
Contact: 375-2237

Enjoyable game of chance with small prizes. Light refreshments are provided.

Bowling League

Ages: Seniors, 55 years & better!
Dates: Begins August 26

Times: 2 pm (Wednesday)
Contact: 375-2237

Location: Triad Lanes, 21 Oak Branch Dr.

Bowling is a wonderful form of exercise, socializing with others and making new acquaintances. Organizational meeting for the bowlers is on August 19 at 2 pm.

Fitness Room

Ages: Seniors, 55 years & better!
Fee: \$60 for 6 months

Dates: Ongoing, year-round
Contact: 375-2234

A doctor's written authorization may be required. Orientation video is required. M/Th, 8 am-8:30 pm.; Fri., 9 am-4:30 pm, 7-9:30 pm; Sat., 9 am-11:30 pm. Fitness Room has treadmills, bikes and weights.

Fitness Room

Ages: 18-54 years
Fees: \$70 for 6 months

Dates: Ongoing, year-round, 375-2234

A doctor's written authorization may be required. Orientation video is required. Open from 5-8:30 pm, Monday/Thursday, Friday, 7-9:30 pm, Saturday, 9-11:30 am

Gym Walking

Ages: Seniors, 55 years & better!
Fee: Free

Dates: Ongoing, year-round, 375-2234

The gym is a great place to walk and it is climate-controlled. Enjoy socializing, interacting with others and improve your health. This program is self-directed.

Hiking Club

Ages: Seniors, 55 years & better!
Fee: \$10

Dates: Wednesdays, 375-2237

To qualify, participants must be able to walk 3.2 miles (twice around) in 70 minutes or less. Qualifying will be held at Country Park, Shelter #1, October 7 at 10 am. The club meets on Wednesdays for hiking outings at various city sites.

Kung Fu/Martial Arts

Ages: 13 years & older
Fee: \$45, per month (8 lessons)

Dates: Ongoing, year-round
Times: 7:10-9 pm

Instructor: Dennis Makool, 375-2234

Get a great workout through stretching and movement routines to improve strength, agility and concentration.

Line Dance Classes

Ages: 18 years & older
Fee: \$48 for 8 lessons

Dates: Begins in October, held year-round
Times: 6:45-8:45 pm
Instructor: Mike Summers, 375-2234

Great physical and mental exercise! Learn the basic steps and techniques through demonstrations and verbal cues.

Indoor Pool Open Hours

Ages: Seniors, 55 years & better!
Fee: \$30 for 6 months

Dates: July - December, 375-2234

Waders/Floaters, Tues., 9:45-10:45 am, 2:15-3:30 pm, every Tues. and Thurs. Lap swimming only, Thurs., 9:45-10:45 am. A doctor's written authorization may be required for participation.

Singing Senior Ambassadors

Ages: Seniors, 55 years & better!
Dates: Rehearsals begin September 10

Times: 9:30 am (Thursdays)
Instructor: Al Connell, 375-2237

Location: St. John's United Methodist Church, 1304 Merritt Dr.

Meets Thursday mornings for rehearsals. Ambassadors perform throughout the year at various sites and provide free concerts at Christmas and in the spring.

SMAC (Seniors Making Activities Count)

Ages: Seniors, 55 years & better!
Dates: Ongoing, year-round

Times: 9:15-11 am, 375-2234

Meet others and enjoy onsite as well as community activities. It also serves as a support group for weight control.

Table Tennis

Ages: 16 years & older
Fee: Free

Dates: Ongoing, year-round
Times: 7-9:45 pm

Contact: 375-2234

If you enjoy competing in table tennis, this activity is right for you. Competitive individuals meet and enjoy matching their skill levels with others.

Water Aerobic Classes

Ages: Seniors, 55 years & better!

Fee: Varies, based on length of session
Instructor: Vivian Sloan

A doctor's written authorization may be required. Shallow Water, M/W, or Tu/Th, 8:15-9:15 am. Arthritis Water Aerobics M/W/F, 10-11 am, or Tu/Th, 11 am-noon.

Water Aerobics

Ages: 18 years & older

Fee: Varies, based on length of session
Times: 5:15-6:15 pm

Instructor: Vivian Sloan, 375-2234

A doctor's written authorization may be required. Swim capabilities not required. A helpful venue for those bothered with painful joints and muscles.

Social Dance Club

Ages: Seniors, 55 years & better!
Fee: Annual membership dues

Dates: 2nd Saturday of the month
Times: 8 pm

Contact: 375-2237

Location: Lewis Center
3110 Forest Lawn Dr.

Enjoy dancing and socializing. An annual membership fee is required, which covers cost of entertainment, supplies and refreshments.

Greensboro Watershed Parks

Lake Brandt
5945 Lake Brandt Rd.
545-5333

Lake Higgins
4235 Hamburg Mill Rd.
643-4295

Lake Townsend
6332 Lake Townsend Rd.
373-3694

Hunter Safety Class

Ages: 12 years & older
Fee: \$5

Dates: Nov. 14-15 and Dec. 12-13
Times: 9 am-2 pm

Instructor: Richardson, 373-3694

Location: Lake Townsend Watershed Park
6332 Lake Townsend Rd.

This class is required for individuals, who would like to purchase a state hunting license.

Kayak Class

Ages: 13 years & older
Fee: \$25

Dates: September 2
Times: 5:30-7:30 pm

Instructor: Thompson, 373-3741
Location: Lake Brandt Watershed Park
5945 Lake Brandt Rd.

Topics include equipment, safety, car topping, terminology, controlling a kayak and basic strokes. Students, ages 13-15, must be accompanied by a parent.

Greensboro Youth Council
501 Yanceyville St.
373-2733, 373-2734, 373-2738

Adopted Stream Cleaning

Ages: High school students only
Fee: Free

Dates: September 9
Times: 9 am-noon

Contact: 373-2734

Location: GYC Office, 501 Yanceyville St.

GYC adopted the stream behind the office to involve members in a community service project that impacts the environment. Members armed with trash bags and gloves clean the stream. Lunch is provided for all volunteers.

Ghoulash Volunteer Training

Ages: High school students only
Fee: Free

Dates: October 20
Times: 6:30-8 pm

Instructor: Jenny Caviness, 373-2733
Location: Greensboro Cultural Center
200 N. Davie St.

All GYC volunteers, who plan to work at Ghoulash need to attend training to learn business procedures, booth operations, event set-up and breakdown.

GYC Executive Board Meeting

Ages: High school students only
Fee: Free

Dates: Meets every other Tuesday
Times: 4:30 pm

Contact: 373-2738

Location: GYC Office, 501 Yanceyville St.

Executive Board discusses upcoming projects, events, policies and procedures of the Greensboro Youth Council.

GYC Fall Membership Drive

Ages: High school students only
Fee: \$10 (membership fee)

Dates: September 1-30
Contact: 373-2738

Location: GYC Office, 501 Yanceyville St.

The Greensboro Youth Council is seeking motivated high school students, who are interested in learning leadership skills by volunteering in the community. GYC provides volunteer and leadership opportunities for students through the planning and implementation of service projects throughout the school year.

(All programs are subject to change.)

GYC programs continue....

GYC Full Council Meeting
Ages: High school students only
Fee: Free
Dates: Meets every other Thursday, call for the schedule
Times: 6:30-7:45 pm
Contact: 373-2738
Location: GYC Office, 501 Yanceyville St.

Meetings highlight the community service projects that are held throughout the year.

GYC Leadership Training: Jail Tour
Ages: High school students only
Fee: Free
Dates: November 11 and January 25
Times: Call for times
Contact: 373-2734
Location: Guilford County Jail

Students can receive certifications in Leadership Training by attending classes such as Public Speaking, Sign Language and Banking, Kids Voting and a Jail Tour.

GYC Leadership Training: Cooking
Ages: High school students only
Fee: Free
Dates: February 18
Instructor: Jasia Stevenson and Teania Jackson, 373-2734

Students can receive certifications in Leadership Training by attending specialized classes.

GYC Leadership Training: Healthy Living
Ages: High school students only
Fee: Free
Dates: September 22
Times: 4-6 pm
Instructor: Jasia Stevenson, 373-2734

Healthy Living focuses on healthy lifestyles and exercise for teens.

GYC Leadership Training: Public Speaking
Ages: High school students only
Fee: Free
Dates: October 13
Times: 6:30-8 pm
Instructor: Jasia Stevenson, 373-2734

Students can receive certifications from GYC in Leadership Training by attending classes such as Public Speaking, Sign Language and Banking, Kids Voting and a Jail Tour. Learn the techniques of successful public speaking.

GYC Leadership Training: Sign Language
Ages: High school students only
Fee: Free
Dates: February 23
Times: 6:30-8 pm
Instructor: Jasia Stevenson, 373-2734

Students can receive certifications from GYC in Leadership Training by attending specialized classes.

GYC New Member Orientation
Ages: High school students only
Fee: \$10 (membership fee)
Dates: Sept. 3 & 17, Oct. 1 & 8, Nov. 5, Dec. 3, Jan. 14 and Feb. 11
Times: 6-6:30 pm
Contact: 373-2734
Location: GYC Office, 501 Yanceyville St.

Orientation is the first step in becoming a member of GYC. The council teaches leadership skills, responsibility, and is a great way to make friends from all Guilford County high schools.

Sexual Attitudes
Ages: High school students only
Fee: Free
Dates: November 21 and February 13
Times: 10 am-noon
Instructor: Ben Brandon, 373-2740
Location: GYC Office, 501 Yanceyville St.

Topics include risky and non-risky behaviors, contraceptive methods and sexually-transmitted infections. There will be a question and answer session at the end. A permission slip signed by a parent or guardian is required.

Youth Citizen's Fire Academy (YCFA)
Ages: 10th-12th graders only
Fee: \$35
Dates: February 3-May 12, meets every other Wednesday
Times: 6-8 pm
Instructor: Jenny Caviness, 373-2733
Location: Public Safety Training Center 1510 N. Church St.

YCFA gives youth insight into challenges, facing firefighters. Learn about ladders, knot and rope training, repelling, simulated live burns, search and rescue techniques. All applications due by January 22, 2010.

Youth Leadership Greensboro Applications Due!
Ages: 10th-12 grades only
Fee: \$75
Dates: September 25
Times: 5 pm (application deadline)
Instructor: Jenny Caviness, 373-2733
Location: GYC Office, 501 Yanceyville St.

YLG is a program of GYC and Leadership Greensboro Alumni Association of the Chamber of Commerce that provides students the opportunity to improve their leadership skills by taking an in-depth look at community issues and concerns.

Santa's Workshop Toy Cleaning
Ages: All ages
Fee: Free
Dates: December 5, 9, 10, 11
Times: Call for schedule
Instructor: Jenny Caviness, 373-2733
Location: Windsor Center, 1601 E Lee St.

GYC partners with local agencies to collect new and gently-used toys for families in need in Guilford County, during the holidays.

"Growing, the Green Way" Environmental Education Series

Lawn Care, the Easy Way!
Ages: Adults
Fee: \$5
Instructor: Karen Neill, 375-5876
Dates: September 3
Times: Noon-1 pm
Location: Arboretum Education Building, 401 Ashland Dr.

Dates: September 8
Times: 6:30-7:30 pm
Location: NC Cooperative Extension 3309 Burlington Rd.

Dates: September 10
Times: 6:30-7:30 pm
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

Lawns can be the most expensive and time-consuming part of gardening. Here is economical and safe recommendations for a beautiful lawn, including tips, backed by university research.

Butterfly Gardening
Ages: 14 years & older
Fee: \$5
Instructor: Karen Neill, 375-5876
Dates: September 17
Times: 6:30-7:30 pm
Instructor: Karen Neill, 375-5876
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

Dates: September 20
Times: 4-5 pm
Location: Arboretum Education Building, 401 Ashland Dr.

Dates: September 22
Times: 6:30-7:30 pm
Location: NC Cooperative Extension 3309 Burlington Rd.

Planting a garden to attract butterflies is a great way to interest kids in gardening, nature and science. Butterfly gardening is exciting, simple and rewarding and can be done with drought-tolerant plants!

Spring Bulb Planting Now
Ages: 14 years & older
Fee: \$15
Instructor: Brooks Mullane, 375-5876
Dates: October 6
Times: 6:30-7:30 pm
Location: NC Cooperative Extension 3309 Burlington Rd.

Dates: October 8
Times: Noon- 1 pm
Location: Arboretum Education Building, 401 Ashland Dr.
Times: 6:30-7:30 pm
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

Bring your own container and we will bring the bulbs! Learn how to plant now for that beautiful early spring color to help dash those winter doldrums away.

Aesthetically-Pleasing Rain Gardens
Ages: Adults
Fee: \$5
Instructor: Karen Neill, 375-5876
Dates: October 18
Times: 4-5 pm
Location: Arboretum Education Building, 401 Ashland Dr.

Dates: October 20
Times: 6:30-7:30 pm
Location: NC Cooperative Extension 3309 Burlington Rd.

Dates: October 22
Times: 6:30-7:30 pm
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

While rain gardens effectively help manage water (wet spots in your yard) in the landscape, they are not always aesthetically-pleasing. This lecture will show you how to construct a rain garden and how beautiful they can be.

**"Good Tree, Bad Tree"
What is Best for the Triad**
Ages: 14 years & older
Fee: \$5
Instructor: Karen Neill, 375-5876
Dates: November 17
Times: 6:30-7:30 pm
Location: NC Cooperative Extension 3309 Burlington Rd.

Dates: November 19
Times: 6:30-7:30 pm
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

Dates: November 22
Times: 4-5 pm
Location: Arboretum Education Building, 401 Ashland Dr.

Making the right choice for trees in our tough urban landscapes can be quite confusing. Join us to learn plant selection, quality, sources, planting methods and maintenance to protect your investment.

Christmas Centerpieces
Ages: Adults
Fee: \$15, per container
Instructor: Karen Neill, 375-5876
Dates: December 1
Times: 6:30-7:30 pm
Location: NC Cooperative Extension, 3309 Burlington Rd.

Dates: December 2
Times: Noon-1 pm
Location: Arboretum Education Building, 401 Ashland Dr.

Dates: December 3
Times: 6:30-7:30 pm
Location: Wildlife Education Center 5834 Bur-Mil Club Rd.

Learn new tricks to create a sensational centerpiece combining fruit, flowers and seasonal materials that mix "traditional" with "trendy" to compliment your festive holiday table. Bring your favorite bowl or small container.

(All programs are subject to change.)