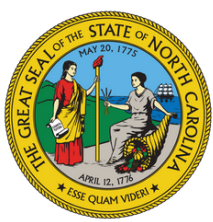


MAY 2024 IS OLDER AMERICANS MONTH AND THIS YEAR'S THEME IS POWERED BY CONNECTION!

Social connections have a profound impact on our health and well-being. Come join us for these events - we want to connect with you!

Date & Time	Class or Event	Date & Time	Class or Event	Date & Time	Class or Event
May 1 @ 11 am	Zumba Gold for Brain Health	May 11 @ 9:30 am	Virtual Qigong	May 22 @ 8:15 am	Morning Warm-up Exercise Class
May 1 @ 8:15 am	Morning Warm-up Exercise Class	May 13 @ 10 am	Seated Tai Chi for Arthritis	May 23 @ 1 pm	Line Dancing for Beginners
May 2 @ 1 pm	Line Dancing for Beginners	May 13 @ 10 am	Body & Core Strength Class	May 24 @ 10 am	"Books on Books" Virtual Book Club
May 4 @ 9:30 am	Virtual Qigong	May 14 @ 11 am	Line Dancing for Beginners	May 25 @ 9:30 am	Virtual Qigong
May 6 @ 10 am	Seated Tai Chi for Arthritis	May 15 @ 11 am	Zumba Gold for Brain Health	May 27 @ 10 am	Seated Tai Chi for Arthritis
May 6 @ 10 am	Body & Core Strength Class	May 15 @ 8:15 am	Morning Warm-up Exercise Class	May 27 @ 10 am	Body & Core Strength Class
May 7 @ 1:30 pm	In person! Raleigh Farmer's Market	May 16 @ 1 pm	Line Dancing for Beginners	May 28 @ 10 am	Consumer Fraud (NC Coalition on Aging)
May 7 @ 11 am	Line Dancing for Beginners	May 16 @ 10 am	Virtual Charades, Talent Show and Tai Chi Mini Class	May 28 @ 11 am	Line Dancing for Beginners
May 8 @ 11 am	Zumba Gold for Brain Health	May 18 @ 9:30 am	Virtual Qigong	May 29 @ 11 am	Zumba Gold for Brain Health
May 8 @ 3 pm	Brain Builder Games	May 20 @ 10 am	Seated Tai Chi for Arthritis	May 29 @ 8:15 am	Morning Warm-up Exercise Class
May 8 @ 8:15 am	Morning Warm-up Exercise Class	May 20 @ 10 am	Body & Core Strength Class	May 30 @ 1 pm	Line Dancing for Beginners
May 9 @ 1 pm	Line Dancing for Beginners	May 21 @ 11 am	Line Dancing for Beginners	For more information or to register for these events, go to Social Bridging NC's Virtual Events page or email Louise at lnoble@unca.edu.	
May 10 @ 1 pm	Key Questions to Consider about Medicare Initial Enrollment	May 22 @ 11 am	Zumba Gold for Brain Health		



NC DEPARTMENT OF **HEALTH AND HUMAN SERVICES**
Division of Aging



POWERED BY CONNECTION: MAY 2024

