

2020 March

Living
plus

Celebrate National Nutrition Month
by making a DIY Herb Garden! Workshop,
March 12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p>	<p>3</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>4</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p>	<p>5</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>6</p>
<p>9</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p> <p>1:00-2:00 p.m. Listen & Learn: Understanding Food Labels 101 *RSVP Evergreen Lifestyle Center</p>	<p>10</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>11</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p>	<p>12</p> <p>1:00-3:00 p.m. Workshop—Do it Yourself Herb Garden Kit *RSVP* Gibsonville Community Center</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>13</p> <p>10:30-11:30 a.m. SilverSneakers Information Session *RSVP* Annie Penn Center for Education</p> <p>9:00-9:30 a.m. Walk and Talk Four Seasons Mall</p>
<p>16</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p> <p>10:00-11 a.m. Listen & Learn: Understanding Food Labels 101 *RSVP* Randolph-Asheboro YMCA</p>	<p>17</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>18</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p> <p>9:30-10:30 a.m. Harvest Bingo Green Valley Med. Center</p>	<p>19</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>20</p>
<p>23</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p>	<p>24</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>	<p>25</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p> <p>10:30-11:30 a.m. Listen & Learn: Understanding Food Labels 101 *RSVP* Annie Penn Center for Education</p>	<p>26</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p> <p>1:30-2:30 p.m. SilverSneakers Facility Tour *RSVP* Alamance YMCA</p>	<p>27</p> <p>10:00-10:30 a.m. Walk and Talk Holly Hill Mall</p>
<p>30</p> <p>9:00-9:45 a.m. Senior Fitness MedCenter Kernersville</p>	<p>31</p> <p>9:30-10:15 a.m. Senior Fitness Green Valley Med. Center</p>			

***RSVP at 336-832-7585**

Program Questions?
Call Healthcare Concierge:
HTA PPO—888-965-1965
HTA HMO—833-324-3242



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Program Locations



Alamance

Alamance County Community YMCA
1346 S Main St, Burlington, NC 27215

Burlington

Holly Hill Mall & Business Center

309 Huffman Mill Rd.
Meeting place: In front of SEARS inside the mall

Gibsonville

Gibsonville Community Center
314 10th St.

Greensboro

Evergreen Lifestyle Senior Center
1401 Benjamin Pkwy.

Four Seasons Mall

410 Four Seasons Town Centre
Meeting place: In front of JCPenney inside the mall

Green Valley Medical Center

719 Green Valley Rd., Suite 107

Kernersville

MedCenter Kernersville

1635 NC 66 South
Enter the main entrance and take the elevator to the bottom floor. Take a left to find the group exercise room on your right.

Randolph

Asheboro YMCA
343 NC Hwy 42 N

Reidsville

Center for Education—Annie Penn Hospital

618 S Main St.
Enter through main hospital front entrance and continue down long hallway. Take elevators on your left and go up to the 4th floor. The Center for Education is on your right.



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