

- **Low-Impact Aerobics**, Mondays, Wednesdays and Fridays, 10:30-11:30 a.m., South Fork Community Center, 4403 Country Club Road. \$35/month. Call 549-4305 for start dates.
- **Strength Training**, Mondays, Wednesdays and Fridays, 9:30-10:15 a.m., South Fork Community Center, 4403 Country Club Road. \$18/month. Call 659-4305 for start dates.
- **Aerobic Dance**, Tuesdays and Thursdays, 6 p.m., South Fork Community Center, 4403 Country Club Road. Seniors: \$40.25/6 weeks. Call 659-4305 for start dates.
- **Clogging (beginner)**, Tuesdays, 7:15-8:15 p.m., South Fork Community Center, 4403 Country Club Road. \$20/4-week sessions. Call 659-4305 for start dates.
- **Clogging (advanced beginner)**, Tuesdays, 8:15-9:15 p.m., South Fork Community Center, 4403 Country Club Road. \$20/4-week session. Call 659-4305 for start dates.
- **Line Dance (beginners)**, Tuesdays, 6-7 p.m., Old Town Recreation Center, 4550 Shattalon Drive. \$20/4-week session. Call 659-4305 for start dates.
- **Fiddle and Bow Contra Dance Society**, Tuesdays, 7:30 p.m. (dance lesson), 8-10:30 p.m., dance, Clemmons Civic Club, 2870 Meadowbrook Drive, Clemmons. \$8.00. For more information, visit www.feetretreat.com.
- **Beginners Shag Lessons**, Tuesdays, 6 p.m., Sedge Garden Recreation Center, 401 Robbins Road, Kernersville. \$30 per person for four one-hour classes. Call 209-6079.
- **Western Square Dance Club**, Tuesdays, 7-9 p.m., Taylor Recreation Center, 1471 W. Clemmonsville Road. Sponsored by the Salem Squares. Call 969-9842.
- **Ballroom Dancing Lessons**, Tuesdays, 8 p.m., Sedge Garden Recreation Center, 401 Robbins Road, Kernersville. \$30 per person for four one-hour classes. Call 209-6079.
- **Ballroom Dance Lessons (beginners)**, Wednesdays, 7:30-8:30 p.m.; South Fork Community Center. \$20 for four weeks. Call 659-4305.
- **Ballroom Dance Lessons (beginners)**, Thursdays, 8:30-9:30 p.m., South Fork Community Center. \$20 for four weeks. Call 659-4305.
- **Ballroom Dancing**, Thursdays, 2-4 p.m., Georgia Taylor Ballroom Dance Club, 1471 W. Clemmonsville Road. Free for first three dances. Call: 650-7695 or 712-4165.
- **Shag Lessons**, Thursdays, 7-9 p.m., Kernersville Library, 130 E. Mountain St., Kernersville. Beginner's class at 7 p.m., intermediate class at 8 p.m. \$30 per person for four one-hour lessons. Call 209-6079.
- **Winston-Salem Shag Club**, Fridays, 8 p.m.-midnight, Legends Sports Bar at Quality Inn & Suites, 2008 S. Hawthorne Rd. \$5; \$3 for members. Call 407-9725.
- **Clogging**, Fridays, 11 a.m., Old Town Recreation Center. \$20/4-week session. Call 659-4305 for start dates.
- **Line Dance**, Fridays, 10 a.m., Old Town Recreation Center. \$20/4-week session. Call 659-4305 for start dates.
- **Swing Dance**, second Saturday of each month, 7:30 p.m. (introductory lesson); 8:30 dance begins, Vintage Theatre, 7 Vintage Ave. \$10; \$8 for members.

If you have an event you would like included in our Events Calendar, please email to:

judiehp@triad.rr.com with the subject line of "For Seniors Only Events."

Piedmont Plus Senior Games & SilverArts Coming in May!

The kickoff for the 2015 Piedmont Plus Senior Games and SilverArts was held on January 30 and by the number of people attending, it will be another great success.

Jessi Garrett, Senior Recreation Leader and Silver Arts Coordinator, said, "The Senior Games provide an opportunity for amazing fellowship. Participants cheer each other on, so it's not just about winning."

This is the 31st year that the Senior Games, a part of the national program, has been held. Games begin April 30 and the awards reception will be held on May 8. The SilverArts awards ceremony and reception will be held on May 15.

The SilverArts division provides a stage to showcase the creative talents of seniors, including visual arts, literary pieces, and performing artists. The Heritage, Literary and Visual Exhibit will be held May 5-15 at South Fork Community Center.

The Piedmont Plus Senior Games is the third largest in NC and winners from these games go on to compete at the state and national levels.

Applications to enter the Senior Games or the SilverArts are available from the City of Winston-Salem Recreation and Parks Department or by going online to www.cityofws.org/departments/recreation-parks/seniors.