

COMMUNITY CALENDAR

Thursday

Senior shuttle, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Nutrition, 11 a.m. program, 11:30 meal, for ages 60 and over, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Bingo, 11 a.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Shopping, 12-2 p.m., for ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Craft Class, 1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Kings Mountain. Call 734-0447 for information.

Support Group for Bereaved Parents, second Thursday of each month, 6-7:30 p.m., Cleveland County Hospice, 951 Wendover Heights Dr., Shelby. Call 487-0800 for ore information.

York Acoustic Jam, second Thursday, 7 p.m., Woody's Music Store, 13 N. Congress St., York, SC. For more information call Susan Vinson Sherlock at 803 628-0543.

Friday

Senior shuttle, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Men's Coffee Time, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Nutrition, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For Fitness, ages 60 and over, 10:30-11:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Fit For A King Exercise Class, ages 60 and over, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Legislative Breakfast, 7:30 a.m. April 8, Patrick Center, 909 E. King St. Tickets \$6. Call 734-0447 for information.

Saturday

Crowders Mountain State Park, children's lake hike, 11 a.m. Children ages 4-7 invited to explore around the lake. Get dirty. Take old clothes, sunscreen and insect repellent. Must be accompanied by adult. Meet at visitor center. Call 853-5375 for more information.

Crowders Mountain State Park, spring wildflowers program, 1 p.m. Meet at visitor center for hike along springs, lake, and road shoulders for an enjoyable wildflower experience. Call 853-5375 for more information.

Broad River Genealogical Society library, 1145 County Home Road, Shelby, open for researchers, second and third Saturday from 9 a.m.-1 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for information.

Clover Barn Dance, first Saturday, parking lot of Clover Community Bank, downtown Clover. Larne Building, downtown Clover, if weather is bad. Call Tom Warlick at 803 222-5737 for more information.

Upcoming:

Crowders Mountain State Park, little mountain hike, April 16, 2 p.m. Hike Little Mountain. Take good hiking shoes and appropriate clothes to hike an area that is

not an established trail. Meet at Linwood Road Access parking lot. Call 853-5375 for more information.

Crowders Mountain State Park, spring bird count, April 23, 8:15 a.m. Anyone welcome whether an avid birder or just getting started. Meet at the visitor center. Call 853-5375 for more information.

Crowders Mountain State Park, Snakes Alive!, April 23, 10 a.m. Learn about snakes common to Crowders Mountain, learn to tell the difference between venomous and non-venomous species. Meet at the visitor's center auditorium. Call 853-5375 for more information.

Crowders Mountain State Park, Sensational Senses Hike, April 23, 2 p.m. Observe the natural world using all your senses. Explore thoughts and feelings as you discover the importance of sight, sound, smell and touch in nature during a short hike. Great for children of all ages. Dress appropriately for weather. Program cancelled if raining. Meet at the visitor's center Call 853-5375 for more information.

Crowders Mountain State Park, Fire in the Forest, April 30, 10 a.m. Learn about fire's historical role in the ecology, how to use fire as a tool in resource management, and how removing fire creates problems. Involves a strenuous hike into an area on the southwestern slope of The Pinnacle to view the effects of the recent 120-acre fire. Wear good hiking shoes, take water and dress for the weather. Call 853-5375 for more information.

Crowders Mountain State Park, Building Bird Houses, April 30, 1 p.m. Learn how to properly build and place birdhouses for Bluebirds,

Carolina Wrens, sparrows, American Kestrels, owls, and other local birds. Birdhouse plans and mounting/placement tips will be available along with a ranger to answer questions. Good for kids, scout troops, etc. Call 853-5375 for more information.

Monday

Ceramics, 9:30-11:30 a.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Sit For Fitness, 10:30-11:30, ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Broad River Genealogical Society library, 1145 County Home Rd., Shelby, open for researchers second and third Monday from 12 noon-4 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for more information.

Quilting Class, 12:30 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Senior shuttle by TACC, 9 a.m.-1 p.m., ages 60 and over, Kings Mountain Senior Center, 909 E. King St. Call 734-0447.

Nutrition by COA, ages 60 and over, 11 a.m., program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Inspiring Words by Wray Canipe, 11 a.m, April 11, Patrick Center, 909 E. King St. Call 734-0447.

Relay for Life team captains meeting, April 11 at the Patrick Center from 6 to 7 p.m.

Tuesday

Senior shuttle by TACC, 9 a.m.-1 p.m., for ages 60 and over, Kings Mountain Senior

Center, 909 E. King St. Call 734-0447 for information.

Nutrition by COA, ages 60 and over, 11 a.m. program, 11:30 meal, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for more information.

Beginning line dancing, ages 60 and over, 9 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Line dancing, ages 60 and over, 10 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Bible History, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St.. Call 734-0447 for information.

Knitting, ages 60 and over, 10:30 a.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Craft class, ages 60 and over, 1 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

ARP meeting, 1 p.m., third Tuesday of each month, Patrick Senior Center, 909 E. King St., Kings Mountain.

Luncheon Alzheimer's Support Group, 12 noon, third Tuesday, Summit Place, Phifer Rd., Kings Mountain. Lunch provided. Call Summit Place for more information.

Evening Dementia Support Group, third Tuesday, 5:30-7 p.m., Life Enrichment Center, Shelby. Call LEC at 484-0405 for information.

Broad River Genealogical Society library, 1145 County Home Rd., Shelby, open for researchers 6-8 p.m. Call Beverly Barnes at 482-5166 or Heather Robbins at 471-9197 for more information.

Upcoming:

Veterans Meeting, 3 p.m. April 12, Patrick Center, 909 E. King St. Call 734-0447.

Volunteer Meeting, 12:15 p.m., April 19, Patrick Center, 909 E. King St. Call 734-0447.

AARP Meeting, 1 p.m., April 19, Patrick Center, 909 E. King St. Call 734-0447.

Monthly Birthday Party, 10:30 a.m. April 26, Patrick Center, 909 E. King St. Call 734-0447.

Wednesday

Senior shuttle, 9 a.m.-1 p.m., Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Nutrition by COA, program 11 a.m., meal 11:30, Kings Mountain Senior Center, 909 E. King St., Kings Mountain. Call 734-0447 for information.

Sit For Fitness, 10:30-11:30, Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

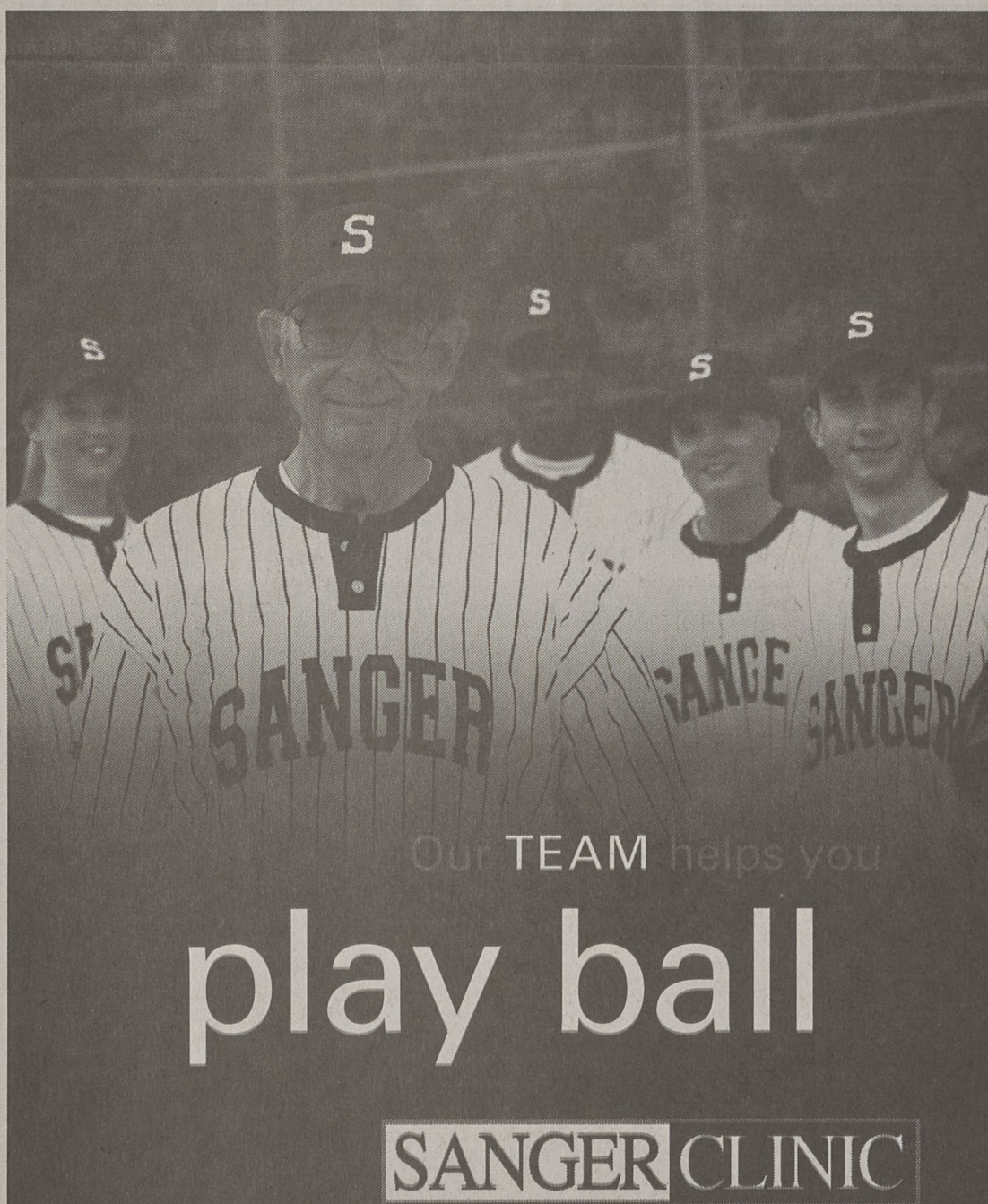
Duplicate Bridge, 1:30 p.m., Kings Mountain Senior Center, 909 E. King St.. Call 734-0447 for more information.

Fit For A King Exercise Class, 2 p.m., Kings Mountain Senior Center, 909 E. King St. Call 734-0447 for information.

Upcoming:

Blood Pressure Clinic, 10-11:30 a.m. April 20, Patrick Center, 909 E. King St. Call 734-0447.

Send your social calendar items to the Herald at P.O. Box 769, Kings Mountain, NC 28086; bring them by our office at 824-1 E. King St., call 704 739-7496, fax 704 739-0611 or e mail gstewart@kingsmountainherald.com



Our TEAM helps you
play ball

SANGER CLINIC

TOTAL CARDIAC CARE sangerclinic.com

At Sanger, our focus is on helping patients live the fullest, healthiest lives possible.

With our new Mt Holly office location, the Sanger Clinic is committed to providing our Gastonia patients and the patients of Gaston County with the region's most comprehensive services for preventing, diagnosing and treating cardiovascular disease, right here at home.



Carolina's HealthCare System

NEW MT HOLLY OFFICE: 215 S. Main Street Mt Holly, NC 28120 704-822-3605
LINCOLNTON OFFICE: 853 S Laurel Street Lincolnton, NC 28092 704-732-0708

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5900 Wilkinson Blvd./Hwy. 74
(Between Holy Angels & Cramerton)

Every Thursday-Saturday!!!
Thurs. - Fri. 10 am - 7 pm • Sat. 7 am - 4 pm
April 7-9, 14-19, 21-23, 28-30 & May 5-7