

**Davidson County
Senior Services,
Southmont**

September

**Southmont Civic Center
13424 Linwood Southmont Rd.
Lexington**

Tuesday

Wednesday

Thursday

1 12pm Books and Banter Book Club 12pm Diamond Art / Needlework 1:30pm Drums Alive \$* (WK 7 of 12) 2:45pm Chair Yoga \$* (WK 7 of 12)	2 12pm Crochet 101 1:30pm DIY Highland Cow Magnets \$*	3 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
8 12pm Scrabble Hour 1:30pm Drums Alive \$* (WK 8 of 12) 2:45pm Chair Yoga \$* (WK 8 of 12)	9 12-2pm Tech Time Assistance	10 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
15 12pm Diamond Art / Needlework 1:30pm Drums Alive \$* (WK 9 of 12) 2:45pm Chair Yoga \$* (WK 9 of 12)	16 12pm Crochet 101 1:30pm Open Crafter's Table	17 12pm Bingo (Please bring 2 small prizes) 1pm Chair Volleyball
22 12pm Stenciled Greeting Cards* 1:30pm Drums Alive \$* (WK 10 of 12) 2:45pm Chair Yoga \$* (WK 10 of 12)	23 12pm Stenciled Canvas Bag \$*	24 SENIORS' DAY AT COUNTY FAIR GATES OPEN AT 9AM CENTER CLOSED NO AFTERNOON PROGRAMS
29 1-3pm Flu Shot Clinic 1:30pm Drums Alive \$* (WK 11 of 12) 2:45pm Chair Yoga \$* (WK 11 of 12) **NEW SESSION BEGINS October 13**	30 11am Back to School Bash *\$ **SPECIAL TIME 11am**	* - Registration is required \$ - Class has a cost To register, call 336.242.2290, email dcsslex@davidsoncountync.gov or visit the Southmont Civic Center.

Class September 2026 Descriptions for Southmont Activities

Back to School Bash	Play cornhole, ring toss and other games while you enjoy a hot dog meal with all the “fixings” (includes 2 hot dogs, chips, cookies and a drink). Cost \$5.00; Registration is required by September 23. *Note special start time of 11am.
Bingo	Bring (2) “dollar store” items to share as prizes. Weekly activity; No registration required.
Books and Banter Book Club	Monthly book club led by West Davidson Library staff and Jo Brown. Light refreshments are served. No cost; No registration required.
Chair Volleyball	Weekly fun, non-competitive game played with a beach ball. No cost; No registration required.
Chair Yoga	Improve flexibility and strength without engaging in strenuous or full-range movements. Series began on July 21. Classes continue through October 6. Drop in single sessions are \$3.00 at the door.
Crochet 101	Join Debbie Luellen as she shares new stitches and patterns. No cost; No registration required. All supplies included.
Diamond Art / Needlework	Create beautiful pictures, coasters and artwork with diamond art and/or needlework. Meets the first, third & fifth Tuesday of each month. No registration required. All supplies included. *NO FIFTH WEEK CLASS IN SEPTEMBER.
Drums Alive	A fitness program that combines music, drumming and movement. Series began on July 21. Classes will continue through October 6.
Flu Shot Clinic	No appointments; walk-in only. Please bring your insurance card. Provided by Walgreens.
Highland Cow Magnets	Join us as we make Highland cow magnets using glue & paint to use on your fridge. Cost \$5.00; Registration required by August 26. *Class limited to 12.
Open Crafter’s Table	Bring any craft project you are working on or a new project to start. Enjoy the comradery with your friends as you each work on your different projects. No registration required.
Scrabble Hour	Scrabble boards will be set up for a fun hour of playing. Come join your friends and get your Scrabble on! No cost; No registration required.
Seniors’ Day at The Fair	Join your friends for SENIORS’ DAY AT THE FAIR. This will be at the Davidson County Fairgrounds. Free entry for seniors 55+. Gates open at 9am, festivities start at 10am and conclude at 12:30pm.
Stenciled Canvas Bag	Join Jo Brown as she guides you in making a beautiful stenciled tote bag. Cost \$5. Registration required by September 16. *Class limited to 10.
Stenciled Greeting Cards	Make assorted stenciled greeting cards. No cost; Registration required by September 15. *Class limited to 12.
Tech Time	One-on-one assistance provided to answer your questions regarding your phone, laptop, tablet or device. No registration required. Staff will be able from 12-2pm.