Nash County Senior Center
103 N. Alston Street ~ Nashville, NC 27856
Phone: (252) 459-7681 Fax: (252) 459-7118

THE NASH NEWS

JULY ~ AUGUST ~ SEPTEMBER 2019 EDITION

Services Provided:
Senior Center Activities
Day and Overnight Trips
Fitness Facility
Computer Lab
Free Legal Aid Services
Foot Care Clinic
Medicare/SHIIP Counseling
Volunteer Opportunities
Home Delivered Meals
Congregate Nutrition
Frozen Meals
Transportation
Volunteer Opportunities
Information and Assistance
Project Lifesaver
Support Groups
Health Promotions
Respite Service for Caregivers

OUR MISSION
The Nash County Senior Center celebrates aging, supports independence in our community, and addresses the needs of the complete individual by offering information, referrals, and access to continued growth and development.

www.facebook.com/nashseniorcenter  Center of Excellence  Senior-Friendly Business
How to Register for Activities!

The Nash County Senior Center offers a variety of weekly and monthly activities that are tailored especially for seniors. Certain classes and programs require pre-registration. To register for any of our classes and programs, simply call us at (252) 459-7681. Don’t wait...register early! Early registration allows us time to plan appropriately. Classes that do not meet their minimum enrollment are generally cancelled. You could make the difference!

Gifting and Donations

You Make the Difference!

The NASH is overseen by the Nash County Recreation and Senior Services Department which provides programs and services to enhance the lives of older adults. These programs and services are made possible through county funding, state and federal grants, and private funding sources. Private gifts and donations play a critical role in creating new services and in supporting existing ones. Contributions for memorials and other monetary donations are accepted and appreciated. Please contact Morgan Doughtie at (252) 462-2730 for more information on gifting and donations.

How to Join The NASH

Membership is FREE!

Eligible participants must be: 60 years of age or older; the spouse of someone 60 or older; or a caregiver for someone 60 or older. Whether you’re interested in travel, fitness programs, Bingo, cards, crafts, or one of our many social and educational programs, you’re bound to find something

ANNOUNCEMENTS

Center Closings

The Nash County Senior Center will be closed on the following days:

~July 4, 2019: Independence Day
~September 2, 2019: Labor Day
ANNOUNCEMENTS

FREE Medicine Giveaway
The Senior Services Division of the Nash County Recreation and Senior Services Department is partnering with NC MedAssist to sponsor the Mobile Free Pharmacy. This is a service that provides over-the-counter medication at no cost to the community. Items to be given away include: cold, cough, and flu medicine; bandages and first aid supplies; allergy and pain relief; vitamins; children’s medicine; and much more while supplies last. There are no income requirements and no ID is required. Eligible recipients must be at least 18 or older. Each recipient will receive an average of $150 worth of free medication and supplies. This service will be offered on Saturday, July 27, 2019 from 10am-3pm at 322 Anderson Street in Rocky Mount. It will be provided as a part of the Community for Unity festival at the Boone Street Park in Rocky Mount, an event that draws 3000+ people each year. For more information please contact the Nash County Senior Center at (252) 459-7681.

ARTS AND CRAFTS

Ring Making
Join local artist and instructor, Kim Valentine, as she teaches us how to make beautifully unique rings. Cost of the class is $30 per participant and includes all materials needed to make at least 4 rings during the class. Money is to be paid to the instructor on the day of the class.
Date/Time: Thurs, July 18 at 2pm
Location: Room 112
Registration Deadline: Mon, July 15

Summer Watermelon Button Craft
Join us for this easy and fun summer themed “do-it-yourself” craft. You will leave this program with a framed piece of art that’s perfect to put on display during the summer months or to give away as a gift. Cost of the class is $5 per person to be paid the day of the program.
Date/Time: Wed, July 10 at 2pm
Location: Room 112
Registration Deadline: Fri, July 5

VOLUNTEERS NEEDED

Home Delivered Meals Program
The Home Delivered Meals Program is in need of volunteers to help deliver hot meals to homebound senior citizens who live on the Spring Hope route. For more information, please contact Senior Services Coordinator, Wendy Perry, at (252) 459-1367.

Please bring the correct change!
When registering for trips, classes, or programs that require payment, please bring the correct amount if you are paying with cash. You are also welcome to write a check. Checks should be made payable to Nash County.
Thank you!
SOCIALS

2019 Volunteer Appreciation Social
Our Volunteers are Stars!
The Senior Services Division of the Nash County Recreation and Senior Services Department cordially invites all of our wonderful volunteers to join us for a red carpet event at our annual Volunteer Appreciation Social! This year’s Hollywood themed event is our way of thanking all Nash County Senior Center, Southern Nash Senior Center, Home Delivered Meals, Caregiver Support, and Project Lifesaver volunteers. Hosted at Nash Community College’s Brown Auditorium, this year’s star-studded event will feature a live band, catered meal, awards, and more than a few surprises! Feel free to wear your best attire. Don’t miss the fun...register today!

Date/Time: Wed, Aug 28; 2pm-4pm
Doors open at 1:30pm.
Location: Nash Community College, Brown Auditorium - 522 N Old Carriage Road Rocky Mount, NC
Registration will close on Fri, Aug 2nd.

Ice Cream Social
Come and enjoy a refreshing way to cool off for the summer during our annual Ice Cream Social. Attendees can enjoy a bowl of tasty ice cream with a variety of toppings. Pre-registration is required.

Date/Time: Wed, July 24 at 2pm
Location: Large Activity Room
Registration Deadline: Fri, July 19

SOCIALS

Fall Spaghetti Social
Join us for homemade baked spaghetti, tossed salad, and garlic bread during our annual Fall Spaghetti Social. Tickets are just $4.00 and will be on sale at the front desk from Mon, Aug 12 to Wed, Sept 11. Attendees are asked to bring either a dessert or two liter drink. We will also play a fun game and attendees will have the chance to compete and win prizes!

Date/Time: Wed, Sept 18th at 11:30am
Location: Large Activity Room
Registration Deadline: Wed, Sept 11th

SPECIAL PROGRAMS

Senior Stretch Class
Stretching is important to improve overall health. Some benefits of stretching include increased range of motion, reduced risk of muscle and joint injury, improved balance, and stress reduction. Join us for this NEW low impact instructor-led stretch class with Activities Specialist, Allison Barrett. Limited to first 12 students.

Date/Time: Every Tuesday, 9am-9:45am
Location: Room 112
Registration Deadline: Fridays by 5pm

Don’t Forget...just call (252) 459-7681 to register for any of our programs, classes and services.
SPECIAL PROGRAMS

AARP Driver Safety Class
Take the AARP Smart Driver Course and learn safety strategies to help keep you safe while on the road. After taking the course, you may be eligible for a multi-year discount on your car insurance! Cost is $15 for AARP members and $20 for non-members, paid to the instructor on the day of class.

Date/Time: Tues, July 30; 1pm-5pm
Location: Room 112
Registration Deadline: Thurs, July 26

Hurricane Preparedness
Hurricane season is upon us! Join us as members of the Nash County Emergency Management team provides valuable information to help get you prepared for the 2019 hurricane season.

Date/Time: Thurs, Aug 1st at 11am
Location: Room 112
Registration Deadline: Mon, July 29

Hospice Presentation
Join Jeanine Velan, Hospice Volunteer Coordinator at Community Homecare & Hospice in Rocky Mount, as provides information on the Hospice Benefit for End of Life care. Jeanine will also be discussing available hospice volunteer opportunities.

Date/Time: Thurs, Aug 15th at 10am
Location: Room 112
Registration Deadline: Fri, Aug 9

Cornhole Tournament
Whether you are new to the game or are a seasoned player, come out for some friendly competition and enter into our first ever cornhole tournament!

Date/Time: Fri, Aug 2nd at 10am
Location: Large Activity Room
Registration Deadline: Mon, July 29

Keep Your Balance
Did you know that there is a whole week in September dedicated to Balance Awareness? Join us for a program during National Balance Awareness Week as Activities Specialist, Allison Barrett, discusses different balance disorders, the impact of poor balance on daily life, and ways to improve balance.

Date/Time: Sept 19th at 10am
Location: Room 112
Registration Deadline: Fri, Sept 13

Singles Mixer
Come on out and meet up with other singles in the area. Whether you’re looking for love or just to make a new best friend, this mixer is all about new beginnings! Must pre-register.

Date/Time: Wed, Aug 21st at 2pm
Location: Large Activity Room
Registration Deadline: Fri, Aug 16
**SPECIAL PROGRAMS**

**National Senior Center Month**
Senior Centers are an integral piece of promoting healthy aging among seniors. National Senior Center Month is celebrated every year in September. Join us for our first ever “Spirit Week” as we celebrate all that we do at The NASH! Refreshments, prizes and fun will be offered throughout the week!

**Monday, Sept 9th: Twin Day**
Find a partner and dress alike! A prize will be awarded for the best dressed pair.

**Tuesday, Sept 10th: Bring a Friend Day**
Bring a friend! Encourage them to participate in a class or take them on a tour of the building.

**Wednesday, Sept 11th: America Day**
Wear your best patriotic attire.

**Thursday, Sept 12th: Wacky Tacky Day**
Wear your wackiest, tackiest outfit for a chance to win a prize in the wacky tacky contest!

**Friday, Sept 13th: Spirit Day**
Put on your red and black and join us at 11am for a celebration as we finish off our spirit week with a bang!

**Hunger Action Program**
In America, 1 in 6 older adults struggles with hunger. As another part of National Senior Center month, Wendy Perry and Ashley Winstead will give information on how we can take action against hunger in Nash County.

**Date/Time:** Wed, Sept 25 at 2pm
**Location:** Room 112
**Registration Deadline:** Fri, Sept 20

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**HEALTH & EDUCATION**

**Eye & Vision Health Program**
Join us as a representative from Rocky Mount Eye will be providing information regarding glaucoma, cataracts, and how to prevent eye disease.

**Date/Time:** Thurs, July 11 at 10am
**Location:** Room 112
**Registration Deadline:** Mon, July 8

**Dine & Discover Health Educational Series: Nutrition Myth Busters**
Are you overwhelmed by information on healthy nutrition? Not sure what information you can trust? Join us as Registered Dietician, Alex Spicer, puts some of those myths to rest during this “Nutrition Myth Busters” presentation. There will be a light lunch provided after the presentation. Pre-registration required.

**Date/Time:** Wed, Aug 7th at 11:30am
**Location:** Large Activity Room
**Registration Deadline:** Fri, Aug 2nd

**Community Paramedic Program**
Did you know that Nash County EMS offers a program called the Community Paramedic Program? Join us as staff of Nash County Emergency Services provides information on the program and how it benefits the citizens of Nash County.

**Date/Time:** Thurs, Aug 22nd at 10am
**Location:** Room 112
**Registration Deadline:** Fri, Aug 16th
**DANCE & ENTERTAINMENT**

**Basic Line Dance Class**
Learn the basic steps in line dancing. New classes start on the first Thursday of each month. Cost is $18.00 per month.

Days: Thursdays at 1:30pm  
Location: Large Activity Room  
Instructor: Joe Harper

**All Request Line Dance**
Couples and singles are welcome to attend our weekly community line dance. Cost is $3.00 per person for seniors and $4.00 per person for non-seniors. So put on your dancing shoes and let’s get movin’ and groovin’!

Days: Mondays; 5pm-7pm  
Location: Large Activity Room  
*No pre-registration required.*

**Zumba Gold**
Come and groove to a new beat and get ready to move your feet with our FREE Zumba Gold class. Available to the first 20 participants who arrive.

Days: Tuesdays from 10am-11am  
Location: Large Activity Room  
Instructor: Christie Heath

**Soul Line Dancing**
Come and learn the latest line dances to the beat of your favorite soul music. Cost of this class is $18.00 a month per person.

Days: Tuesdays from 1:30pm-2:30pm  
Location: Large Activity Room  
Instructor: Christie Heath

**CLUBS**

**Book Club**

**Days:** Third Friday of each month  
**Time:** 10am-11:15am  
**Location:** Senior Center Library

**Book Selections for This Quarter**

- **Friday, July 19th**  
  *An Irish County Love Story* by Patrick Taylor

- **Friday, August 16th**  
  *Where the Crawdads Sing* by Delia Owens

- **Friday, September 20th**  
  *A Mammoth Murder* by Bill Crider

**Dinner Club**
Join the Dinner Club on the 3rd Tuesday of each month. There’s no cost to join, but each person pays for their own meal and tip. Please pre-register to ensure adequate seating.

- **Tuesday, July 23, 2019 @ 5:30pm**  
  Chico’s Mexican Restaurant  
  1701 Sunset Ave, Rocky Mount

- **Tuesday, August 20, 2019 @ 5:30pm**  
  Mario’s Pizza  
  3653 Sunset Ave, Rocky Mount

- **Tuesday, September 17, 2019 @ 5:30pm**  
  Golden Corral  
  921 N. Wesleyan Blvd, Rocky Mount

**Travel Club**
If you enjoy traveling and would like to give your input on trips that are planned at The NASH, then join the Travel Club and let’s plan an adventure together!

Days: 4th Wednesday of each month  
Time: 11am  
Location: Room 112
Friday Afternoon Popcorn & a Movie

Join us on the 4th Friday of each month at 2pm in room 112 as we enjoy popcorn and a great movie. There is no cost to view the movie and popcorn is just 25 cents per bag! Please pre-register for each movie to ensure adequate seating and refreshments.

Fri, July 26th—Just Let Go (2015)

After surviving a drunk driving accident that killed his pregnant wife and two kids, Chris Williams struggles to ‘just let go’ and forgive the young man who caused it. PG-13

Fri, August 23rd—Green Book (2018)

Dr. Don Shirley is a world-class African-American pianist who’s about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. PG-13

Fri, September 27th—Going In Style (2017)

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. PG-13

**NEW**

Savannah, Jekyll Island, & Beaufort Trip

The Nash County Senior Center is sponsoring a fabulous 5 day / 4 night vacation to Savannah, Jekyll Island & Beaufort, SC on March 30-April 3, 2020.

Trip Pricing:
$589.00 per person (double occupancy)
$768.00 per person (single occupancy)

Pricing Includes:
- Motorcoach transportation
- 4 nights lodging
- 8 meals: 4 breakfasts and 4 dinners
- All Bus Driver, Guide, & Meal Gratuities
- Baggage Handling & Standard Taxes
- Guided Trolley Tour of Savannah
- Guided Tour of Beaufort, SC
- A visit to Parris Island
- Evening Show at Famous Savannah Theater
- Guided Tour of St. Simons Island
- Guided Tram Tour of Jekyll Island
- and MUCH more!

Trip is limited to the first 50 people. Trip registration will close once seats are filled. A $75.00 deposit is due along with completed registration packet in order to reserve a seat. Balance is due by January 1, 2020. Seats will fill up quickly so please don’t wait to register! Travel insurance is available. For more information, please contact Morgan Doughtie at (252) 462-2730.
Cancellation & Refund Policy

If any trip is cancelled by the Center, a full refund will be given to all registrants. For day and overnight trips, refunds will only be given if a participant’s space can be filled by someone from the waiting list or if a participant is able to find someone else to fill their space. If the space cannot be filled, no refund will be given. Participants are encouraged to purchase Travel Insurance when offered in order to protect their investment in the event of unforeseen circumstances. In all instances where a refund is warranted, participants should allow 3 to 4 weeks for processing.

Don’t Forget...just call (252) 459-7681 to register for any of our programs, classes and services.

Myrtle Beach Trip

**10 SPOTS LEFT**

The Nash County Senior Center is sponsoring a fabulous 3 day / 2 night vacation to Myrtle Beach, SC on November 4-6, 2019.

Trip Pricing:
- $399.00 per person (double occupancy)
- $485.00 per person (single occupancy

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<th>Pricing Includes:</th>
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<tr>
<td>Deluxe Motor Coach Transportation</td>
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<td>2 Nights Hotel Accommodations</td>
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<td>2 Breakfasts, 1 Dinner, 1 Dinner Buffet</td>
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<td>All Bus Driver, Guide, &amp; Meal Gratuities</td>
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<td>Baggage Handling &amp; Standard Taxes</td>
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<td>2 Shows: Holiday Fantasea Show and Carolina Opry Show</td>
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<td>Free Time at Tanger Outlets</td>
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<td>Free time at Broadway at the Beach</td>
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Trip is limited to the first 50 people. Trip registration will close once seats are filled. A $75.00 deposit is due along with completed registration packet in order to reserve a seat. Balance is due by September 25, 2019. Seats will fill up quickly so please don’t wait to register! Travel insurance is available. For more information, please contact Morgan Doughtie at (252) 462-2730.

Passengers must be at least 60 years of age or older or be the spouse or caregiver of someone 60 years of age or older.

UPDATE:

“Savannah Sipping Society” at The Barn Dinner Theatre
Greensboro, NC

The August 6, 2019 day trip to The Barn Dinner Theatre to see “Savannah Sipping Society” is sold out and we are maintaining a waiting list. Please call (252) 459-7681 if you would like to add your name to the waiting list. Individuals will be called in the order that they appear on the list as additional spaces become available.

Don’t Forget…just call (252) 459-7681 to register for any of our programs, classes and services.
FUN AND GAMES

Down East Senior Fall Games

The Down East Senior Games will be providing a fall tournament for the sports of Cornhole, Shuffleboard, Bocce and Pickleball. This tournament will be hosted from September 5-7, 2019 and is open to anyone who is 50 years of age or better. Cost is $8.00 to compete and the deadline to register is August 30th. For more information, please contact Morgan Doughtie, Down East Senior Games Coordinator at 252-462-2730.

Monthly Billiards Tournaments
Calling All Pool Players!

Join the fun during our monthly 8 ball and 9 ball billiards tournaments. You must be a member in order to compete. Not a member? No worries...joining is easy and free. Call us at (252) 459-7681 and get shooting today!

Men’s 8 Ball Pool Tournament
Days/Time: Last Friday of the month at 10am

Women’s 8 Ball Pool Tournament
Days/Time: Friday before Men’s Tournament at 10am

9 Ball Tournament (Men and Women)
Days/Time: 2nd Wed of each month at 10am

Bingo
Join us each week for a fun game of Bingo!
Days/Time: Every Monday at 2pm
Location: Large Activity Room
Cost: FREE (*Note: Attendees are asked to bring one item to be given away as a prize).

COMPUTER LEARNING

Computer Classes
All computer classes are offered through a partnership with Nash Community College. The $130.00 fee is waived for any NC resident who is unemployed, under employed, or seeking employment. Register for all classes by calling (252) 459-7681.

Microsoft IT Academy Certification
9/19/09-8/01/19 9AM-12PM
7/09/19- 8/01/19 3PM -6PM

Basic Computer & Keyboarding
8/06/19-8/29/19 9AM-12PM
8/06/19-8/29/19 3PM-PM

RESOURCES FOR SENIORS

SHIIP Counseling
The Seniors Health Insurance Information Program (SHIIP) answers seniors’ questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage Plans, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. To schedule a one-on-one appointment with a SHIIP volunteer, call the Nash County Senior Center at (252) 459-7681.
RESOURCES FOR SENIORS

Foot Care Clinic

The Nash County Senior Center offers the Foot Care Clinic on the 1st, 2nd, 3rd & 5th Mondays of each month from 9am to 12pm. Basic toe nail trimming and foot care is provided by a registered nurse. This service is available for seniors age 60 years and older for $20.00 per visit. To receive more information or to schedule an appointment, call (252) 459-7681.

Legal Aid

Legal Aid of NC is available at the Senior Center once per quarter to provide free, civil legal services to low income residents. Call 252-459-7681 to find out about upcoming appointment dates and directions on how to schedule an upcoming appointment.

Caregiver Support Group

This is an open support group provided to caregivers. For more information, contact Ashley Winstead, Senior Services Supervisor, at (252) 459-1365.

Days: 3rd Tuesday of each month
Time: 3:00pm
Location: Room 112

Fitness & Wellness

Tai Chi

Tai Chi is an ancient, health enhancing exercise whose benefits include relief from arthritis, stronger immune system, improved circulatory function, and increased stamina. Cost is $3.00 per class.

Days: Mondays at 9am & Thursdays at 9:30am

Taking Off Pounds Sensibly (TOPS)

TOPS is a supportive weight loss group where members encourage each other to live a healthy lifestyle. If you are interested in becoming a member, please join the group on Mondays in room 112 from 10:30am-11:30am.

Walking Fitness Video Aerobics

Walk your way to a healthier “you” with low impact video aerobics. Class is free to join.

Days/Times: Monday, 8am-8:45am
Tuesday-Friday, 8am-9:15am
Location: Large Activity Room

Did you know that The NASH has an on-site Fitness Room complete with treadmills, exercise bikes, elliptical machines, and other fitness equipment? Call (252) 459-7681 today and learn how you can get started on the path to a healthier you!

Don’t Forget...just call (252) 459-7681 to register for any of our programs, classes and services.
This newest addition to the Recreation and Senior Services Department provides space for craft classes, educational programs, computers and charging stations, a large fitness facility, and game room. Participants enjoy the convenience of a locker room and showers as well as a comfortable lounge with free Wi-Fi access.

**Hours of Operation:**
Monday - Friday 8am - 5pm

**Location:**
8180 Stoney Hill Church Road
Bailey, NC 27807

**Phone:**
Main: 252-235-4303

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**Merredith Bulluck** 252-235-4314
Activities Specialist
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**Michele McKnight** 252-459-1375
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**Allison Barrett** 252-462-2733
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**Sherry Leonard** 252-459-7681
Accounting/Administrative Specialist
sherry.leonard@nashcountync.gov

**Margie Lewis** 252-443-2323
Congregate Nutrition Site Manager
Covenant Homes

**Frances Alston** 252-459-7681

**Delois Burruss**

**Marian Jenkins**

**Dollie Parker**
Reception/Support Staff
I would like to receive The NASH News!

☐ I would like to pick up the newsletter from the senior center.

☐ I would like to receive the newsletter via email at this address:

Name: __________________________________________

Email Address: __________________________________

☐ I would like to receive the newsletter in the mail at this address:

Name: __________________________________________

Mailing Address: __________________________________

City/State/ZIP: __________________________________

If you are not already receiving The NASH News or would like to change your method of receipt, please return this portion of the newsletter to the Senior Center at 103 N. Alston Street, Nashville, NC 27856.

Please help support our activities and services by making a donation today!

www.facebook.com/nashseniorcenter

www.co.nash.nc.us
### July 2019

**WEEKLY ACTIVITIES**

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<td>10am Knitting &amp; Crocheting (102)</td>
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<td>10am Tai Chi (LR) $</td>
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<td>2pm Bingo (LR)</td>
<td>10am Zumba Gold (LR)</td>
<td>1pm Crafty Quilters (102)</td>
<td>10am Study Group (Lib)</td>
<td>2pm Bingo (LR)</td>
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<td>3:15pm Chair Aerobics (112)</td>
<td>12pm Pinochle (CR)</td>
<td>1:30pm Soul Line Dancing (LR) $</td>
<td>12pm Pinochle (CR) $</td>
<td>3:15pm Chair Aerobics (112)</td>
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<td>5-7pm All Request Couples &amp; Singles</td>
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<td>1:30pm Basic Line Dance (LR) $</td>
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**MONTHLY ACTIVITIES**

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<td><strong>CLOSED</strong> <strong>INDEPENDENCE</strong> DAY</td>
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<td>9am-12pm Computer Class (108)</td>
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**Note:** The Mobile Free Pharmacy will take place on Sat, July 27 from 10am-3pm at 322 Anderson St, Rocky Mount, NC.
# August 2019

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<td>8:30am Hand &amp; Foot (CR)</td>
<td>8:30am Hand &amp; Foot (CR)</td>
<td>9:30am Tai Chi (LR) $</td>
<td>8:30am Hand &amp; Foot (CR)</td>
</tr>
<tr>
<td>9:00 am Tai Chi (LR) $</td>
<td>10am Knitting &amp; Crocheting (102)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am Study Group (Lib)</td>
<td>2pm Bingo (LR)</td>
</tr>
<tr>
<td>10:30am TOPS Meeting (112) $</td>
<td>10am Zumba Gold (LR) $</td>
<td>1pm Crafty Quilters (102)</td>
<td>12pm Pinochle (CR) $</td>
<td>3:15pm Chair Aerobics (112)</td>
</tr>
<tr>
<td>2pm Bingo (LR)</td>
<td>1:30pm Soul Line Dancing (LR) $</td>
<td>1:30pm Basic Line Dance (LR) $</td>
<td>5-7pm All Request Couples &amp; Singles Line Dance (LR) $</td>
<td>10am Cornhole Tournament (LAR)</td>
</tr>
</tbody>
</table>

**MONTHLY ACTIVITIES**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<td>5</td>
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<tr>
<td>9am-12pm Foot Care Clinic (RO)$</td>
<td>9am Senior Stretch (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
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<tr>
<td>9am-12pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>11:30am Dine &amp; Discover (LAR) $</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
</tr>
<tr>
<td>9am-12pm Computer Class (108)</td>
<td><strong>BARN DINNER THEATER TRIP</strong></td>
<td>1:15pm Staff Meeting (Lib)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
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**WEEKLY ACTIVITIES**

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<thead>
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<td>9am Senior Stretch (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am-11:15am Book Club (Lib)</td>
</tr>
<tr>
<td>4:30pm Cancer Friends (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am 9 Ball Tournament</td>
<td>10am Hospice Presentation (112)</td>
<td>10am-11:15am Book Club (Lib)</td>
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<tr>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
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<tr>
<td>9am-12pm Foot Care Clinic (RO)$</td>
<td>9am Senior Stretch (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am Women’s 8 Ball Tournament</td>
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<tr>
<td>9am-12pm Computer Class (108)</td>
<td>1pm SHIIP Training (112)</td>
<td>11am Travel Club</td>
<td>10am Community Paramedic Program (112)</td>
<td>2pm Friday Movie—Green Book</td>
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<tr>
<td>1pm SHIIP Training (112)</td>
<td>3pm Caregiver Support Group (112)</td>
<td>1:15pm Front Desk Staff Mtg (Lib)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>2pm Friday Movie—Green Book</td>
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<tr>
<td>3pm-6pm Computer Class (108)</td>
<td>5:30pm Dinner Club— Mario’s Pizza $</td>
<td>2pm Singles Mixer (LAR)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>2pm Friday Movie—Green Book</td>
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<tr>
<th>Mon</th>
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<td>9am Senior Stretch (112)</td>
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<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am Men’s 8 Ball Tournament</td>
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<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
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# Please Call (252) 459-7681 for More Information About Any of These Programs. $ Denotes Fee for Program.

Enjoy everyday drop-in activities such as pool tables, fitness equipment, computer lab, card tables & more! Appointments are required for **Foot Clinic, SHIIP Insurance Counseling,** and **Legal Aid.** Pre-registration is required for **Computer Classes.** Room #’s listed by each activity. LR=Large Room, RO=Rotating Office, CR=Card Room, Lib=Library

August 2019

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### September 2019

**WEEKLY ACTIVITIES**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td>8am Aerobics II (LR)</td>
<td>8am Aerobics II (LR)</td>
<td>8am Aerobics II (LR)</td>
<td>8am Aerobics II (LR)</td>
<td>8am Aerobics II (LR)</td>
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<tr>
<td>8:30am Hand &amp; Foot (CR)</td>
<td>8:30am Hand &amp; Foot (CR)</td>
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<td>9:30am Tai Chi (LR) $</td>
<td>8:30am Hand &amp; Foot (CR)</td>
</tr>
<tr>
<td>9:00 am Tai Chi (LR) $</td>
<td>10am Knitting &amp; Crocheting (102)</td>
<td>10am Crafty Quilters (102)</td>
<td>10am Study Group (Lib)</td>
<td>10pm Bingo (LR)</td>
</tr>
<tr>
<td>10:30am TOPS Meeting (112) $</td>
<td>10am Zumba Gold (LR)</td>
<td>12pm Pinochle (CR)</td>
<td>12pm Pinochle (CR)</td>
<td>12:30pm Basic Line Dance (LR) $</td>
</tr>
<tr>
<td>2pm Bingo (LR)</td>
<td>1:30pm Soul Line Dancing (LR) $</td>
<td>1:30pm Shall Dance (LR) $</td>
<td>1:30pm Basic Line Dance (LR) $</td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td>3:15pm Chair Aerobics (112)</td>
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<td><strong>CLOSED</strong></td>
<td>3:15pm Chair Aerobics (112)</td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td>5-7pm All Request Couples &amp; Singles Line Dance (LR) $</td>
<td><strong>TWIN DAY</strong></td>
<td><strong>TWIN DAY</strong></td>
<td>5-7pm All Request Couples &amp; Singles Line Dance (LR) $</td>
<td><strong>TWIN DAY</strong></td>
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<tr>
<td>2</td>
<td><strong>CLOSED</strong></td>
<td><strong>TWIN DAY</strong></td>
<td><strong>TWIN DAY</strong></td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td><strong>LABOR DAY HOLIDAY</strong></td>
<td><strong>TWIN DAY</strong></td>
<td><strong>TWIN DAY</strong></td>
<td><strong>TWIN DAY</strong></td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td>9</td>
<td>9am-12pm Foot Care Clinic (RO)$</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td>4:30pm Cancer Friends (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>10am 9 Ball Tournament</td>
<td>3pm-6pm Computer Class (108)</td>
<td><strong>WACKY DAY</strong> $</td>
</tr>
<tr>
<td><strong>TWIN DAY</strong></td>
<td>3pm-6pm Computer Class (108)</td>
<td>1:15pm Staff Meeting (Lib)</td>
<td>3pm-6pm Computer Class (108)</td>
<td><strong>SPIRIT DAY</strong></td>
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<tr>
<td>10</td>
<td>9am Senior Stretch (112)</td>
<td>9am Senior Stretch (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td><strong>TEEN DAY</strong></td>
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<tr>
<td><strong>BRING A FRIEND DAY</strong></td>
<td>3pm-6pm Computer Class (108)</td>
<td>1:15pm Staff Meeting (Lib)</td>
<td>3pm-6pm Computer Class (108)</td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td><strong>TWIN DAY</strong></td>
<td><strong>BRING A FRIEND DAY</strong></td>
<td><strong>DESG Fall Tournament</strong></td>
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</tr>
<tr>
<td>16</td>
<td>9am-12pm Foot Care Clinic (RO)$</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td><strong>DESG Fall Tournament</strong></td>
</tr>
<tr>
<td>4:30pm Cancer Friends (112)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>11:30am Fall Spaghetti Social (LAR)$</td>
<td>3pm-6pm Computer Class (108)</td>
<td><strong>WACKY DAY</strong> $</td>
</tr>
<tr>
<td><strong>TWIN DAY</strong></td>
<td><strong>BRING A FRIEND DAY</strong></td>
<td><strong>DESG Fall Tournament</strong></td>
<td><strong>DESG Fall Tournament</strong></td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
<tr>
<td>17</td>
<td>9am Senior Stretch (112)</td>
<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
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<td>9am-12pm Computer Class (108)</td>
<td>9am-12pm Computer Class (108)</td>
<td>11:30am Fall Spaghetti Social (LAR)$</td>
<td>3pm-6pm Computer Class (108)</td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
<tr>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>10am Keep Your Balance</td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
<tr>
<td><strong>BRING A FRIEND DAY</strong></td>
<td>3pm-6pm Computer Class (108)</td>
<td>3pm-6pm Computer Class (108)</td>
<td>10am Keep Your Balance</td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
<tr>
<td>20</td>
<td>10am Women’s Pool Tournament</td>
<td>10am Women’s Pool Tournament</td>
<td>10am Keep Your Balance</td>
<td><strong>SPIRIT DAY</strong></td>
</tr>
<tr>
<td>10am-11:15am Book Club (Lib)</td>
<td><strong>TEEN DAY</strong></td>
<td>10am Keep Your Balance</td>
<td><strong>TEEN DAY</strong></td>
<td><strong>SPIRIT DAY</strong></td>
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