



Office on Aging
(252)534-1668

OCTOBER

2018

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR	1 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	2	3 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	4 AGING Crafts 10:00-11:00	5 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30
Mon,Wed,Fri Chair Exercise & Advance Chair & Weights At Wellness Center	8 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	9 SENIOR'S DISTRIBUTION 10:30-12:00 1:00-3:00	10 Chair Exercise 9:30-10:30 Advance Exercise 9:30-10:30	11 AGING Crafts 10:00-11:00	12 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30
Trips and Caregivers Support Meetings Medical Transportation Call J.W. Faison Senior Center For Details 534-1012	15 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	16	17 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	18 AGING Crafts 10:00-11:00	19 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30
60+ years of age Applications for Senior Boxed Food contact Joslyn Debraux-Reagor	22 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	23	24 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	25 AGING Crafts 10:00-11:00	26 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30
Jessie Jordan Advance Chair & Weights	29 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30	30	31 Chair Exercise 9:30-10:00 Advance Exercise 9:30-10:30		

Thanks for your support and please come again