



Office on Aging
(252)534-1668

DECEMBER

2018

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe without weighs Mon, Wed, Fri Joslyn Reagor Conference room					
Mon, Wed, Fri Chair Exercise with weights Jessie Jordan Auditorium	3 Chair Exercise 9:30-10:00	4	5 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	6	7 Chair Exercise 9:30-10:00
Both classes at the same time different locations in the Wellness Center	10 Chair Exercise 9:30-10:00	11 SENIOR'S DISTRIBUTION 10:30-12:30 1:30-3:00	12 Chair Exercise 9:30-10:00	13	14 Chair Exercise 9:30-10:00
If you know of someone who is 60 years of age and older and need help with food have them Call the above number for more information	17 Chair Exercise 9:30-10:00	18	19 Chair Exercise 9:30-10:00	20 Countywide Distribution 9:00-noon	21 Chair Exercise 9:30-10:00
	24 CLOSED 31 Chair Exercise 9:30-10:00	25 CLOSED	26 CLOSED	27	28 Chair Exercise 9:30-10:00

Thanks for your support