



Office on Aging
(252)534-1668

JULY

2018

Aging wants to hear from you

INFORMATION..... ...	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga Exercise- light motions exercise from head to toe. Mon, Wed, Fri At Wellness Center	2 Chair Exercise 9:30-10:00	3	4 COMMUNITY DAY 5:00-7:00 July 4 th Celebration 5:00-9:15	5	6 Chair Exercise 9:30-10:00
	9 Chair Exercise 9:30-10:00	10 Senior's Distribution	11 Chair Exercise 9:30-10:00	12	13 Chair Exercise 9:30-10:00
For Crafts and Games Call J.W. Faison Senior Center For details 534-1012	16 Chair Exercise 9:30-10:00	17	18 Chair Exercise 9:30-10:00	19 -	20 Chair Exercise 9:30-10:00
	23 Chair Exercise 9:30-10:00	24	25 Chair Exercise 9:30-10:00	26	27 Chair Exercise 9:30-10:00
	30 Chair Exercise 9:30-10:00	31			

Thanks for your support and please come again