



Office on Aging
(252) 534-1668

JANUARY

2019

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR		1	2 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	3	4 Chair Exercise 9:30-10:00
Mon,Wed,Fri Chair Exercise At Wellness Center	7 Chair Exercise 9:30-10:00	8	9 Chair Exercise 9:30-10:00	10	11 Chair Exercise 9:30-10:00
CHAIR & WEIGHTS JESSIE JORDAN 9:30-10:00 MON, WED, FRIDAY WELLNESS CENTER	14 Chair Exercise 9:30-10:00	15 SENIOR'S DISTRIBUTION 10:30-12:30 1:30-3:00	16 Chair Exercise 9:30-10:00	17	18 Chair Exercise 9:30-10:00
If you know of someone 60 and older please let them know I am still taking applications for monthly Senior Food Box	21 CLOSED	22	23 Chair Exercise 9:30-10:00	24	25 Chair Exercise 9:30-10:00
	28 Chair Exercise 9:30-10:00	29	30 Chair Exercise 9:30-10:00	31	

Thanks for your support and please come again