



**Office on Aging**  
**(252)534-1668**

**MAY**

**2017**

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chair Exercise-</b> light motions exercise from head to toe. <b>JOSLYN DEBRAUX-REAGOR</b>	1 Chair Exercise 9:30-10:00	2	3 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	4	5 TAI CHI 9:30-10:00 Chair Exercise 10:00-10:30
Mon,Wed,Fri Chair Exercise At <b>Wellness Center</b>	8 Chair Exercise 9:30-10:00 Diabetes Class 10:00-10:45	9 SENIOR'S DISTRIBUTION 10:30-2:00	10 No walking in auditorium	11 County Wide Distribution 9-12	12 TAI CHI 9:30-10:00 Chair Exercise 10:00-10:30 County close @11:00
For Crafts, Games, Trips and Caregivers Support Meetings Call J.W. Faison Senior Center For details 534-1012	15 Chair Exercise 9:30-10:00	16 SENIOR'S DISTRIBUTION 10:30-2:00	17 Chair Exercise 9:30-10:00	18 AGING Wreath Making 10:00-11:00	19 TAI CHI 9:30-10:00 Chair Exercise 10:00-10:30
Wreath making At Wellness Center	22 Chair Exercise 9:30-10:00 Diabetes Class 10:00-10:45	23	24 Chair Exercise 9:30-10:00	25 AGING Wreath Making 10:00-11:00	26 TAI CHI 9:30-10:00 Chair Exercise 10:00-10:30
<b>TAI CHI</b> <b>BRO. JERRY WRIGHT</b>	29 close	30	31 Chair Exercise 9:30-10:00		

*Thanks for your support and please come again*