



Office on Aging  
252 534-1668

APRIL

2018

INFORMATION..... ...	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chair Exercise-</b> light motions exercise from head to toe.	2 Chair Exercise 9:30-10:00	3	4 Chair Exercise 9:30-10:00	5 CRAFTS 10:00-11:00	6 Chair Exercise 9:30-10:00
IF YOU KNOW OF SOMEONE 60 AND OLDER. CALL FOR MORE INFORMATION	9 Chair Exercise 9:30-10:00	10 Senior's Distribution 10:30-12:00 1:00-3:00	11 Chair Exercise 9:30-10:00	12 CRAFTS 10:00-11:00	13 Chair Exercise 9:30-10:00
ON HOW TO GET A <b>SENIOR BOX OF FOOD MONTHLY</b>	16 Chair Exercise 9:30-10:00	17	18 Chair Exercise 9:30-10:00	19 CRAFT 10:00-11:00	20 Chair Exercise 9:30-10:00
	23 Chair Exercise 9:30-10:00	24	25 Chair Exercise 9:30-10:00	26 CRAFTS 10:00-11:00	27 Chair Exercise 9:30-10:00
	30 Chair Exercise 9:30-10:00				

*Thanks for your support and please come again*