



Office on Aging
(252)534-1668

AUGUST

2017

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 AGING Wreath Making 10:00-11:00	4 Chair Exercise 10:00-10:30
Mon,Wed,Fri Chair Exercise At Wellness Center	7 Chair Exercise 9:30-10:00 Diabetes Class 10:00-10:45	8 SENIOR'S DISTRIBUTION 10:30-2:00	9 No walking in auditorium	10 County Wide Distribution 9-12	11 Chair Exercise 10:00-10:30
1. WREATH WIRE FRAME 16-18 INCH 2. DECO MESH 21 INCH 3. PIPE CLEANER DOLLAR STORE OR WALMART	14 Chair Exercise 9:30-10:00	15 SENIOR'S DISTRIBUTION 10:30-2:00	16 Chair Exercise 9:30-10:00	17 AGING Wreath Making 10:00-11:00	18 Chair Exercise 10:00-10:30
Wreath making At Wellness Center	21 Chair Exercise 9:30-10:00 Diabetes Class 10:00-10:45	22	23 Chair Exercise 9:30-10:00	24 AGING Wreath Making 10:00-11:00	25 Chair Exercise 10:00-10:30
TAI CHI BRO. JERRY WRIGHT SEPTEMBER	28 Chair Exercise 9:30-10:00	29	30 Chair Exercise 9:30-10:00	31 AGING Wreath Making 10:00-11:00	

Thanks for your support and please come again