



Office on Aging
(252)534-1668

FEBRUARY

2018

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR				1 AGING MACRAME FOR BEGINNERS 10:00-11:00	2 Chair Exercise 9:30-10:00
Mon,Wed,Fri Chair Exercise At Wellness Center	5 Chair Exercise 9:30-10:00	6	7 Chair Exercise 9:30-10:00	8 AGING MACRAME FOR BEGINNERS 10:00-11:00	9 Chair Exercise 9:30-10:00
Please stop in to fill out the Public Works informational/Planning Survey If you have not already	12 Chair Exercise 9:30-10:00	13 SENIOR'S DISTRIBUTION 10:30-12:00 1:00-3:00	14 Chair Exercise 9:30-10:00	15 AGING MACRAME FOR BEGINNERS 10:00-11:00	16 Chair Exercise 9:30-10:00
MACRAME FOR BEGINNERS At Wellness Center	19 Chair Exercise 9:30-10:00	20	21 Chair Exercise 9:30-10:00	22 AGING MACRAME FOR BEGINNERS 10:00-11:00	23 Chair Exercise 9:30-10:00
If you know of someone 60 and older with transportation once a month; please give them this number they might qualify for a Senior Box of Food 252 534-1668	26 Chair Exercise 9:30-10:00	27	28 Chair Exercise 9:30-10:00		

Thanks for your support and please come again