



Office on Aging
(252)534-1668

JANUARY

2018

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR	1 Closed	2	3 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	4 AGING Wreath Making 10:00-11:00	5 Chair Exercise 9:30-10:00
Mon,Wed,Fri Chair Exercise At Wellness Center	8 Chair Exercise 9:30-10:00	9	10 Chair Exercise 9:30-10:00	11 AGING Wreath Making 10:00-11:00	12 Chair Exercise 9:30-10:00
Trips and Caregivers Support Meetings Medical Transportation Call J.W. Faison Senior Center For Details 534-1012	15 Closed	16 SENIOR'S DISTRIBUTION 10:30-12:00 1:00-3:00	17 Chair Exercise 9:30-10:00	18 AGING Wreath Making 10:00-11:00	19 Chair Exercise 9:30-10:00
Wreath making At Wellness Center	22 Chair Exercise 9:30-10:00	23	24 Chair Exercise 9:30-10:00	25 AGING Wreath Making 10:00-11:00	26 Chair Exercise 9:30-10:00
	29 Chair Exercise 9:30-10:00	30	31 Chair Exercise 9:30-10:00		

Thanks for your support and please come again