



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

**May**

**2018**

<b>INFORMATION.....</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Chair Exercise-</b> light motions exercise from head to toe. <b>JOSLYN DEBRAUX-REAGOR</b>		1	2 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	3	4 Chair Exercise 10:00-10:30
Mon,Wed,Fri Chair Exercise At <b>Wellness Center</b>	7 Chair Exercise 9:30-10:00	8 SENIOR'S DISTRIBUTION 10:30-12:30 1:30-3:00	9 Chair Exercise 9:30-10:00	10	11 Chair Exercise 10:00-10:30 County close at 11:00
	14 Chair Exercise 9:30-10:00	15	16 Chair Exercise 9:30-10:00	17	18 Chair Exercise 10:00-10:30
	21 Chair Exercise 9:30-10:00	22	23 Chair Exercise 9:30-10:00	24	25 Chair Exercise 10:00-10:30
	28 HOLIDAY CLOSED	29	30 Chair Exercise 9:30-10:00	31	

*Thanks for your support and please come again*