



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

**MAY**

**2019**

| INFORMATION.....   | Monday                             | Tuesday  | Wednesday                          | Thursday | Friday                             |
|--|------------------------------------|--|------------------------------------|----------|------------------------------------|
| <b>Chair Exercise-</b> light motions exercise from head to toe.<br><b>JOSLYN DEBRAUX-REAGOR</b>                            |                                    |  | 1<br>Chair Exercise<br>9:30-10:00  | 2        | 3<br>Chair Exercise<br>9:30-10:00  |
| Mon,Wed,Fri<br>Chair Exercise<br>At<br><b>Wellness Center</b>  | 6<br>Chair Exercise<br>9:30-10:00  | 7  | 8<br>Chair Exercise<br>9:30-10:00  | 9        | 10<br>Chair Exercise<br>9:30-10:00 |
| Field Trips,<br>Medical Transportation<br>and General Trip<br>Call J.W. Faison Senior<br>Center<br>For Details<br>534-1012 | 13<br>Chair Exercise<br>9:30-10:00 | 14<br>Senior<br>Distribution<br>10:30-12:30<br>1:30-3:00 | 15<br>Chair Exercise<br>9:30-10:00 | 16       | 17<br>Chair Exercise<br>9:30-10:00 |
| Chair exercise with<br>weights<br>With<br><b>JESSIE JORDAN</b>   | 20<br>Chair Exercise<br>9:30-10:00 | 21   | 22<br>Chair Exercise<br>9:30-10:00 | 23       | 24<br>Chair Exercise<br>9:30-10:00 |
| <b>Both exercise class at<br/>same time<br/>Auditorium and<br/>Conference room</b>   | 27<br>Chair Exercise<br>9:30-10:00 | 28   | 29<br>Chair Exercise<br>9:30-10:00 | 30       | 31<br>Chair Exercise<br>9:30-10:00 |

*Thanks for your support and please come again*