



Office on Aging
(252) 534-1668

NOVEMBER

2017

Aging wants to hear from you

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga - light motions exercise from head to toe.			1 Chair Yoga 9:30-10:00 Caregivers Support 11:00-	2 Wreath Making 10:00-until	3 Chair Yoga 9:30-10:00
Mon, Wed, Fri Chair Yoga At Wellness Center	6 Chair Yoga 9:30-10:00 Diabetes 10:00-10:30	7	8 Chair Yoga 9:30-10:00	9 County wide Distribution 9:00-Noon	10 CLOSE
Please call for information on how to get a Senior Food Box if you are 60+ or know someone who is.	13 Chair Yoga 9:30-10:00	14 Senior Distribution 10:00-NOON 1:00-3:00	15 Chair Yoga 9:30-10:00	16 Wreath Making 10:00-until	17 Chair Yoga 9:30-10:00
	20 Chair Yoga 9:30-10:00	21	22 Chair Yoga 9:30-10:00	23 CLOSE	24 CLOSE0
	27 Chair Yoga 9:30-10:00	28	29 Chair Yoga 9:30-10:00	30 Wreath Making 10:00-until	

Thanks for your support and please come again