



Office on Aging
(252)534-1668

SEPTEMBER

2017

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR					1 Chair Exercise 10:00-10:30
Mon,Wed,Fri Chair Exercise At Wellness Center	CLOSE	5	6 Chair Exercise 9:30-10:00	7 AGING Wreath Making 10:00-11:00	8 Chair Exercise 10:00-10:30
WREATH MAKING SHELLY ARCHER	11 Chair Exercise 9:30-10:00 Diabetes Class 10:00-10:45	12 SENIOR'S DISTRIBUTION 10:30-2:00	13 Chair Exercise 9:30-10:00	14 AGING Wreath Making 10:00-11:00	15 Chair Exercise 10:00-10:30
Wreath making At Wellness Center	18 Chair Exercise 9:30-10:00	19 SENIOR'S DISTRIBUTION 10:30-2:00	20 Chair Exercise 9:30-10:00	21 AGING Wreath Making 10:00-11:00	22 Chair Exercise 10:00-10:30
	25 Chair Exercise 9:30-10:00	26	27 Chair Exercise 9:30-10:00	28 AGING Wreath Making 10:00-11:00	29 Chair Exercise 10:00-10:30

Thanks for your support and please come again