



Office on Aging
(252)534-1668

APRIL

2017

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR					
Mon and Wed, Chair Exercise At Wellness Center	3 Chair Exercise 9:30-10:00	4	5 Chair Exercise 9:30-10:00 Caregivers Support 11:00-	6	7 TAI CHI 9:30-10:00
For Crafts, Games and Caregivers Support Meetings Call J.W. Faison Senior Center For details 534-1012	10 Chair Exercise 9:30-10:00	11 SENIOR'S DISTRIBUTION 10:30-2:00	12 Chair Exercise 9:30-10:00	13	14 TAI CHI 9:30-10:00
Call the day before by 9:00 if you plan to have lunch there at J.W. Faison.	17 Chair Exercise 9:30-10:00	18 SENIOR'S DISTRIBUTION 10:30-2:00	19 Chair Exercise 9:30-10:00	20	21 TAI CHI 9:30-10:00
TAI CHI BRO. JERRY WRIGHT	24 Chair Exercise 9:30-10:00	25	26 Chair Exercise 9:30-10:00	27	28 TAI CHI 9:30-10:00

Thanks for your support and please come again