



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

**JUNE**

**2018**

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chair Exercise-</b> light motions exercise from head to toe.					1 Chair Exercise 9:30-10:00
Mon,Wed,Fri Chair Exercise At <b>Wellness Center</b>	4 Chair Exercise 9:30-10:00	5	6 Chair Exercise 9:30-10:00	7 AGING Wreath Making 10:00-11:00	8 Chair Exercise 9:30-10:00
	11 Chair Exercise 9:30-10:00	12 SENIOR'S DISTRIBUTION 10:30-2:00	13 Chair Exercise 9:30-10:00	14	15 Chair Exercise 9:30-10:00
	18 Chair Exercise 9:30-10:00	19	20 Chair Exercise 9:30-10:00	21 County Wide Distribution 9:00-Noon	22 Chair Exercise 9:30-10:00
	25 Chair Exercise 9:30-10:00	26	27 Chair Exercise 9:30-10:00	28	29 Chair Exercise 9:30-10:00

*Thanks for your support and please come again*