



Office on Aging
(252)534-1668

SEPTEMBER

2019

INFORMATION.....	Monday	Tuesday	Wednesday	Thursday	Friday
Chair Exercise- light motions exercise from head to toe. JOSLYN DEBRAUX-REAGOR	2 CLOSED	3	4 Chair Exercise 9:30-10:00	5	6 Chair Exercise 9:30-10:00
Mon,Wed,Fri Chair Exercise At Wellness Center	9 Chair Exercise 9:30-10:00	10 Senior Distribution 10:30-12:30 1:30-3:00	11 Chair Exercise 9:30-10:00	12	13 Chair Exercise 9:30-10:00
Chair exercise with weights With JESSIE JORDAN	16 Chair Exercise 9:30-10:00	17	18 Chair Exercise 9:30-10:00	19	20 Chair Exercise 9:30-10:00
Both Exercise class at same time Auditorium and Conference room	23 Chair Exercise 9:30-10:00 Food Pantry Day	24	25 Chair Exercise 9:30-10:00	26	27 Chair Exercise 9:30-10:00
4th Mondays Mobile Food Pantry Rich Square CADA 12:00 -1:00 Jackson United Methodist Church 3:45-4:45 252 335-4035, ext. 104 Shanita Saunders	30 Chair Exercise 9:30-10:00				

Thanks for your support and please come again