


# BUG HILL SENIOR CENTER June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Exercise Room open 8-5 Monday-Thursday &amp; 8-1:30 on Fridays!*</b>  <b>Just be 60 &amp; bring a Doctor's note with you if you would like to sign up!</b>  <b>Any questions please call me!</b></p> 	<p><b><u>REMINDERS:</u></b></p> <p><b>*Tuesday June 14<sup>th</sup>-2016 Elder Abuse Awareness Walk-10:00</b></p> <p><b>*Niagara Falls Trip- June 13<sup>th</sup>-17<sup>th</sup></b></p>	<p><b>1</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Computer Class</b>            10:00 Fellowship/Fun            11:00 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social            1:30 Inquiring Minds            2:00-4:00 Popcorn &amp; A Movie</p>	<p><b>2</b>            8:00-5:00 Exercise Room            8:30 Walking  <b>9:00 Quilting II</b>            9:00 Puzzles/Games  <b>10:00-11:30 Card Sharks</b>            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting II</b>  <b>2-4 INTERMEDIATE FITNESS</b></p>	<p><b>3</b>            8:00-1:30 Exercise Room            8:00 Walking            9:00 Word Games            9:30 Fellowship/Fun            10:00 Group Exercise            11:45 Devotion            12:00 Lunch/Social            1:00-1:30 Catchup Corner</p> <p style="text-align: right;"><b>Close at 1:30</b></p>
<p><b>6</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Quilting I</b>            10:00 Crosswords/Puzzles            11:00 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting I</b></p>	<p><b>7</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 SPADES!</b>            10:30 Card Sharks!            10:30 Puzzles/Crosswords            11:30 Chair Exercise            11:45 Devotion            12:00 Lunch/Social  <b>1:30 BOOKMOBILE</b>  <b>2:00-4:00 BEGINNER FITNESS</b></p>	<p><b>8</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Computer Class</b>            10:00 Fellowship/Fun            11:00 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social            1:30 Inquiring Minds            2:00-4:00 Couponing</p>	<p><b>9</b>            8:00-5:00 Exercise Room            9:00 Puzzles  <b>9:00-12:00 Quilting II</b>  <b>10:00-11:30 CARD SHARKS!</b>            11:30 Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting II</b></p>	<p><b>10</b>            8:00-1:30 Exercise Room            8:00 Walking            9:00 Word Games            9:30 Fellowship/Fun            10:00 Group Exercise            11:45 Devotion            12:00 Lunch/Social            1:00-1:30 Catchup Corner</p> <p style="text-align: right;"><b>Close at 1:30</b></p>
<p><b>13</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Quilting I</b>            10:00 Crosswords/Puzzles            10:30 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting I</b></p>	<p><b>14</b>            8:00-5:00 Exercise Room  <b>9:00-10:00 Spades</b>  <u><b>2016 ELDER ABUSE AWARENESS WALK-10:00</b></u>            *Guest Speakers include Sheriff Lewis Hatcher, County Commissioner Charles McDowell, &amp; Amy Jenkins from Whiteville Cancer Center            12:00-Lunch/Social  <b>2:00 BOOKMOBILE</b></p>	<p><b>15</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Computer Class</b>  <b>10:30-11:00 FREE Blood Pressure Checks</b>            10:30-11:00 Inquiring Minds            11:00 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social  <b>2:00 Craft Class</b></p>	<p><b>16</b>            8:00-5:00 Exercise Room            9:00 Puzzles  <b>9:00-12:00 Quilting II</b>  <b>10:00-11:30 CARD SHARKS!</b>            11:30 Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting II</b>  <b>2-4 INTERMEDIATE FITNESS</b></p>	<p><b>17</b>            8:00-1:30 Exercise Room            9:00 Walking            9:30 Fellowship/Fun            10:00 Group Exercise            11:45 Devotion            12:00 Lunch/Social            1:00-1:30 Catchup Corner</p> <p style="text-align: right;"><b>Close at 1:30</b></p>
<p><b>20</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Quilting I</b>            10:00 Crosswords/Puzzles            10:30 Chair Exercise            11:45 Devotion            12:00 Lunch/Social            1:30-Inquiring Minds  <b>1:00-4:00 Quilting I</b></p>	<p><b>21</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 SPADES!</b>  <b>10:30 Card Sharks!</b>            10:30 Puzzles/Crosswords            11:45 Devotion            12:00 Lunch/Social            2:00-4:00 Couponing</p>	<p><b>22</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Computer Class</b>            9:00 Puzzles            10:00-10:30 Inquiring Minds            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Craft Class</b></p>	<p><b>23</b>            8:00-5:00 Exercise Room            9:00 Puzzles  <b>9:00-12:00 Quilting II</b>  <b>10:00-11:30 CARD SHARKS!</b>            11:30 Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-Quilting II</b></p>	<p><b>24</b>            8:00-1:30 Exercise Room            9:00 Walking            9:30 Fellowship/Fun            10:00 Group Exercise            11:45 Devotion            12:00 Lunch/Social            1:00-1:30 Catchup Corner</p> <p style="text-align: right;"><b>Close at 1:30</b></p>
<p><b>27</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Quilting I</b>            10:00 Crosswords/Puzzles            10:30 Chair Exercise            11:45 Devotion            12:00 Lunch/Social            1:30-Inquiring Minds  <b>1:00-4:00 Quilting I</b></p>	<p><b>28</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 SPADES!</b>  <b>10:00-11:30 Card Sharks!</b>            10:30 Puzzles/Crosswords            11:45 Devotion            12:00 Lunch/Social  <b>2:00 BOOKMOBILE</b>  <b>2:00-4:00 BEGINNER FITNESS</b></p>	<p><b>29</b>            8:00-5:00 Exercise Room  <b>9:00-12:00 Computer Class</b>            10:00 Fellowship/Fun            11:00 Chair Exercise            11:30 Weekly Announcements            11:45 Devotion            12:00 Lunch/Social            2:00-4:00 Couponing</p>	<p><b>30</b>            8:00-5:00 Exercise Room            9:00 Puzzles  <b>9:00-12:00 Quilting II</b>  <b>10:00-11:30 CARD SHARKS!</b>            11:30 Announcements            11:45 Devotion            12:00 Lunch/Social  <b>1:00-4:00 Quilting II</b></p>	<p>Legal aid of NC            800.672.9304            Reverse Mortgage info            919-877-5700</p> <p><b>Mediation Assistance Program INFO</b>  <b>910-640-6602 ext. 250</b>  <b>Medicare Info:</b>  <b>910-640-6602 ext. 241</b></p>

**FOR MORE INFORMATION: Contact Jenny Godwin @ 640-3791 [jgodwin@columbusco.org](mailto:jgodwin@columbusco.org)**