

JULY 2016 FAIR BLUFF SENIOR CENTER











Monday

Tuesday

Wednesday

Thursday

Friday

	<p>PRESSURE CHECK FIRST TUESDAY OF EACH MONTH 11:00 AM BY Lisa Clewis, RN WITH Columbus County Home Heath</p> 	<p>ELDER ABUSE HOTLINE 910-648-2800 You may be eligible for Extra Help for your Medicare "D" Premium? Call 640-6602 for appointment.</p> <p>MEDICARE PART D INFORMATION CALL 910-640-6602</p>		<p>1 River Walk 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30 COMPUTER LAB CATCH UP FRIDAY Exercise Room 1:30 CLOSE</p>
<p>4</p>  <p>Happy 4th of July!</p>	<p>5 9:00 Puzzles/Games 9:15 Fellowship 10-12 COMPUTER CLASS W/ MIKE- MIKE 10:30 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS 3:30 COMPUTER LAB Exercise Room</p>	<p>6 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS w/Lenora 3:30 COMPUTER LAB Exercise Room Fried Chicken Day</p> 	<p>7 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 BINGO 2:00 MOVIE Exercise Room</p> <p>Forgiveness Day</p> 	<p>8 River Walk 9:00 Puzzles/Games 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30 COMPUTER LAB CATCH UP FRIDAY Exercise Room 1:30 CLOSE Don't step on the Bee Day</p> 
<p>11 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS 3:30 COMPUTER LAB Exercise Room</p>	<p>12 9:00 Puzzles/Games 9:15 Fellowship 10-12 COMPUTER CLASS W/ MIKE- MIKE 10:30 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS 3:30 COMPUTER LAB Exercise Room</p>	<p>13 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS w/Lenora 3:30 COMPUTER LAB Exercise Room</p>	<p>14 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 BINGO 2:00 MOVIE 3:30 COMPUTER LAB Exercise Room</p>	<p>15 River Walk 9:00 Puzzles/Games 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30 COMPUTER LAB CATCH UP FRIDAY Exercise Room 1:30 CLOSE</p>
<p>18 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS 3:30 COMPUTER LAB Exercise Room Chocolate Day</p> 	<p>19 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS Exercise Room</p>	<p>20 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS w/Lenora 3:30 COMPUTER LAB Exercise Room Cake Day</p> 	<p>21 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 BINGO 2:00 MOVIE 3:30 COMPUTER LAB Exercise Room</p>	<p>22 River Walk 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30 COMPUTER LAB CATCH UP FRIDAY Exercise Room 1:30 CLOSE Watermelon Parade Saturday, July 23, 2016</p> 
<p>25 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS 3:30 COMPUTER LAB Exercise Room RED SHOE DAY</p> 	<p>26 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS Exercise Room</p>	<p>27 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS w/Lenora 3:30 COMPUTER LAB Exercise Room</p>	<p>28 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 BINGO 2:00 MOVIE 3:30 COMPUTER LAB Exercise Room</p>	<p>29 River Walk 9:00 Puzzles/Games 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30 COMPUTER LAB CATCH UP FRIDAY Exercise Room 1:30 CLOSE Gorgeous Grandma Day</p> 

FOR MORE INFO CALL MICHELLE WILSON DIPPEL,

SENIOR CENTER COORDINATOR @ 649-6881 or mdippel@columbusco.org VIST OUR WEBSITE @ www.columbusco.org click on AGING

**FAIR BLUFF
SENIOR CENTER NEWSLETTER
JULY 2016**

HAPPY BIRTHDAY TO OUR JULY FOLKS!!!

We invite all Seniors 60+ to come join us in our daily activities!!!

We Offer Classes Monday- Friday

Monday CRAFT CLASS 2:00-5:00

Tuesday-BINGO 1:00-UNTIL

Wednesday- BIBLE STUDY 11:00-11:45 BINGO 1:00-2:00

Wednesday ART CLASS 1:00-5:00 BINGO 1:00-2:00

Thursday-COMPUTER CLASS 9:00-12:00 BINGO 1:00-2:00

Thursday-SWEDISH WEAVING 12:30-3:30

Friday-CRAFT CATCH UP 9:00-12:00

LUNCH SERVED DAILY AT 12:00

NEW CLASS

COMPUTER CLASS

TUESDAYS AND THURSDAYS WITH MIKE-MIKE 10AM-12NOON

WEDNESDAY ARTS&CRAFTS CLASS WITH LENORA 1PM

We have group exercise each morning @ 11:00.

We have lots of FUN!!!!

**Our exercise room is opened
8:00-5:00 Monday-Thursday and Friday 8:00-1:30.**

**We have exercise equipment. Just bring me your
DOCTORS NOTE and you can exercise all you want!!!**

Contributions are appreciated.

**We also have Medical Equipment for loan.
Wheel Chairs, Walkers, Shower Seats, Crutches, Canes
Shower Chairs, etc.**

Lunch is served Monday through Friday at 12:00 noon.

A Contribution is appreciated.

Fair Bluff Senior Center

1100 Main St.

Fair Bluff, NC 28439

(910) 649-6881

**MICHELLE WILSON DIPPEL
SENIOR CENTER COORDINATOR,**

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