

NOVEMBER 2017 FAIR BLUFF SENIOR CENTER








Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|--|--|---|---|---|---|---|-------------|---|---|-----|---|---|---|---|---|---|---|---|---|---|-----|---|---|---|---|---|---|---|---|---|---|-------|---|---|---|---|---|---|---|---|---|---|-------|---|---|---|---|---|---|---|---|---|---|----------|---|---|---|---|---|---|---|---|---|--|----------|---|---|---|---|---|---|---|---|---|--|----------|---|---|---|---|---|---|---|---|--|--|-----------|---|---|---|---|---|---|---|---|--|--|------------|---|---|---|---|---|---|---|---|---|--|-------------|--|---|
| <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>OPEN ENROLLMENT OCT.15-DEC.7,2017</p> | <p>PRESSURE CHECK FOURTH MONDAY OF EACH MONTH 11:00 AM BY SHORELAND HEALTH CARE CENTER OF WHITEVILLE</p>  | <p>1 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 3:30 COMPUTER LAB Exercise Room</p> <table border="1" data-bbox="657 430 958 556"> <tr><td>V</td><td>E</td><td>R</td><td>T</td><td>I</td><td>C</td><td>A</td><td>L</td><td>L</td><td>W</td><td>eek</td></tr> <tr><td>R</td><td>O</td><td>N</td><td>A</td><td>P</td><td>L</td><td>S</td><td>A</td><td>H</td><td>H</td><td>ind</td></tr> <tr><td>A</td><td>C</td><td>F</td><td>L</td><td>I</td><td>A</td><td>T</td><td>O</td><td>A</td><td>R</td><td>andom</td></tr> <tr><td>N</td><td>D</td><td>O</td><td>O</td><td>K</td><td>O</td><td>N</td><td>W</td><td>D</td><td>C</td><td>South</td></tr> <tr><td>D</td><td>R</td><td>K</td><td>E</td><td>S</td><td>O</td><td>O</td><td>D</td><td>D</td><td>K</td><td>Backward</td></tr> <tr><td>O</td><td>E</td><td>P</td><td>A</td><td>E</td><td>G</td><td>L</td><td>I</td><td>W</td><td></td><td>Vertical</td></tr> <tr><td>H</td><td>S</td><td>I</td><td>H</td><td>O</td><td>A</td><td>E</td><td>R</td><td>A</td><td></td><td>Diagonal</td></tr> <tr><td>A</td><td>L</td><td>K</td><td>R</td><td>R</td><td>I</td><td>E</td><td>R</td><td></td><td></td><td>Wikipedia</td></tr> <tr><td>K</td><td>O</td><td>D</td><td>I</td><td>D</td><td>E</td><td>R</td><td>C</td><td></td><td></td><td>Horizontal</td></tr> <tr><td>H</td><td>E</td><td>L</td><td>W</td><td>S</td><td>L</td><td>E</td><td>U</td><td>T</td><td></td><td>Word Search</td></tr> </table> | V | E | R | T | I | C | A | L | L | W | eek | R | O | N | A | P | L | S | A | H | H | ind | A | C | F | L | I | A | T | O | A | R | andom | N | D | O | O | K | O | N | W | D | C | South | D | R | K | E | S | O | O | D | D | K | Backward | O | E | P | A | E | G | L | I | W | | Vertical | H | S | I | H | O | A | E | R | A | | Diagonal | A | L | K | R | R | I | E | R | | | Wikipedia | K | O | D | I | D | E | R | C | | | Horizontal | H | E | L | W | S | L | E | U | T | | Word Search | <p>2 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 Adult Coloring Exercise Room</p> | <p>3 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> |
| V | E | R | T | I | C | A | L | L | W | eek | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | O | N | A | P | L | S | A | H | H | ind | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A | C | F | L | I | A | T | O | A | R | andom | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N | D | O | O | K | O | N | W | D | C | South | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D | R | K | E | S | O | O | D | D | K | Backward | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| O | E | P | A | E | G | L | I | W | | Vertical | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| H | S | I | H | O | A | E | R | A | | Diagonal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A | L | K | R | R | I | E | R | | | Wikipedia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | O | D | I | D | E | R | C | | | Horizontal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| H | E | L | W | S | L | E | U | T | | Word Search | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>6 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS COMPUTER LAB Exercise Room Join Me For Lunch</p>  | <p>7 9:00 Puzzles/Games 9:15 Fellowship 10-12 MATTER OF BALANCE 10:30 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30COMPUTER CLASS W/ MIKE- MIKE 1:00 BINGO COMPUTER LAB Exercise Room</p> | <p>8 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 COMPUTER LAB Exercise Room</p> | <p>9 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 MATTER OF BALANCE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30 COMPUTER CLASS W/ MIKE- MIKE 1:00 Adult Coloring Exercise Room 1:30 CLOSE</p> | <p>10</p>  <p>CLOSED</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>13 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS COMPUTER LAB Exercise Room</p> | <p>14 9:00 Puzzles/Games 9:15 Fellowship 10-12 MATTER OF BALANCE 10:30 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30COMPUTER CLASS W/ MIKE- MIKE 1:00 BINGO COMPUTER LAB Exercise Room</p> | <p>15 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 2:00 HURRICANE MATTHEW 3RD SURVIVORS SUPPORT GROUP MEETING</p> | <p>16 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 MATTER OF BALANCE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30 COMPUTER CLASS W/ MIKE- MIKE 1:00 Adult Coloring Exercise Room</p> | <p>17 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>20 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 11:00 BP CHECKS 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS COMPUTER LAB Exercise Room</p>  | <p>21 9:00 Puzzles/Games 9:15Fellowship 9:30 WALKING EXERCISE 10-12 MATTER OF BALANCE 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30COMPUTER CLASS W/ MIKE- MIKE 1:00 BINGO COMPUTER LAB Exercise Room</p> | <p>22 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 Exercise Room</p> <p>1:30 CLOSE</p> | <p>23</p>  <p>CLOSED</p> | <p>24</p>  <p>CLOSED</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>27 9:00 Puzzles /Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 1:00 ARTS&CRAFTS COMPUTER LAB Exercise Room</p>  | <p>28 9:00 Puzzles/Games 9:15Fellowship 9:30 WALKING EXERCISE 10-12 MATTER OF BALANCE 11:00 WALKING EXERCISE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30COMPUTER CLASS W/ MIKE- MIKE 1:00 BINGO COMPUTER LAB Exercise Room</p> | <p>29 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 COMPUTER LAB Exercise Room</p> | <p>30 ARTS&CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10-12 MATTER OF BALANCE 12:00 Lunch Announcements& Pledge of Allegiance 12:30-2:30 COMPUTER CLASS W/ MIKE- MIKE 1:00 Adult Coloring Exercise Room</p> | <p>31 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> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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
NOVEMBER 2017

HAPPY BIRTHDAY TO OUR NOVEMBER 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

Thursday ARTS & CRAFTS 1:00-4:00

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

LUNCH SERVED DAILY AT 12:00

LET'S TALK ABOUT IT!

HURRICAN MATTHEW

3rd SURVIVOR'S SUPPORT GROUP

WENDESDAY, NOVEMBER 15, 2017 2PM FAIR BLUFF SENIOR CENTER ROOM 116

COMPUTER CLASS TUESDAYS AND THURSDAY 12:30-2:30

STARTING NOVEMBER 2, 2017

EXERCISE EQUIPMENT CAN BE USED

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

685 Academy St. Room 116

Fair Bluff, NC 28439

(910) 649-6881

MICHELLE WILSON DIPP

SENIOR CENTER COORDINATOR,

mdippel@columbusco.org

