

# FEBRUARY 2018 FAIR BLUFF SENIOR CENTER

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>WEAR RED ON FRIDAYS FOR HEART HEALTH MONTH</b></p> 			<p><b>1 ARTS&amp;CRAFTS ALL DAY</b>                  9:00 Puzzles/Games                  9:15 Fellowship                  9:30 WALKING EXERCISE  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>12:30 BINGO</b>                  Exercise Room</p>	<p><b>2 GROUND HOG DAY</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>CATCH UP FRIDAY</b>  <b>Exercise Room</b>                  1:30 CLOSE</p>
<p><b>5</b>                  9:00 Puzzles /Games  <b>9:45 FREE DIABETES CLASS</b>                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room  <b>Join Me For Lunch</b></p> 	<p><b>6</b>                  9:00 Puzzles/Games                  9:45 Fellowship  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  11:45 Walking Exercise                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 BINGO</b>                  Exercise Room</p>	<p><b>7</b>                  9:00 Puzzles/Games                  10:00 Fellowship  <b>10-12 MATTER OF BALANCE</b>  <b>11:00 BIBLE STUDY/SING</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p> 	<p><b>8 ARTS&amp;CRAFTS ALL DAY</b>                  9:00 Puzzles/Games                  9:15 Fellowship                  9:30 WALKING EXERCISE  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>12:30 BINGO</b>                  Exercise Room</p>	<p><b>9</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>CATCH UP FRIDAY</b>  <b>Exercise Room</b>                  1:30 CLOSE</p> 
<p><b>12</b>                  9:00 Puzzles /Games  <b>9:45 FREE DIABETES CLASS</b>                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p> 	<p><b>13</b>                  9:00 Puzzles/Games                  9:45 Fellowship  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  11:45 Walking Exercise                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 BINGO</b>                  Exercise Room</p> 	<p><b>14 VALENTINE PARTY 2PM</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  10:30 WALKING EXERCISE  <b>11:00 BIBLE STUDY/SING</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b></p> 	<p><b>15 ARTS&amp;CRAFTS ALL DAY</b>                  9:00 Puzzles/Games                  9:15 Fellowship                  9:30 WALKING EXERCISE  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>12:30 BINGO</b>                  Exercise Room</p>	<p><b>16</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>CATCH UP FRIDAY</b>  <b>Exercise Room</b>                  1:30 CLOSE</p> 
<p><b>19</b>                  9:00 Puzzles /Games  <b>9:45 FREE DIABETES CLASS</b>                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p> 	<p><b>20</b>                  9:00 Puzzles/Games                  9:45 Fellowship  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  11:45 Walking Exercise                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 BINGO</b>                  Exercise Room</p>	<p><b>21</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  10:30 WALKING EXERCISE  <b>11:00 BIBLE STUDY/SING</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p> 	<p><b>22 ARTS&amp;CRAFTS ALL DAY</b>                  9:00 Puzzles/Games                  9:15 Fellowship                  9:30 WALKING EXERCISE  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>12:30 BINGO</b>                  Exercise Room</p>	<p><b>23</b>                  9:00 Puzzles/Games                  10:00 Fellowship                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>CATCH UP FRIDAY</b>  <b>Exercise Room</b>                  1:30 CLOSE</p> 
<p><b>26 BP CHECK 11AM</b>                  9:00 Puzzles /Games                  10:00 Fellowship                  11:00 WALKING EXERCISE                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p> 	<p><b>27</b>                  9:00 Puzzles/Games                  9:45 Fellowship  <b>10:00 COMPUTER CLASS W/ MIKE- MIKE</b>                  11:45 Walking Exercise                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 BINGO</b>                  Exercise Room</p>	<p><b>28</b>                  9:00 Puzzles/Games                  10:00 Fellowship  <b>10-12 MATTER OF BALANCE</b>  <b>11:00 BIBLE STUDY/SING</b>                  12:00 Lunch Announcements&amp; Pledge of Allegiance  <b>1:00 ARTS&amp;CRAFTS</b>                  Exercise Room</p>	<p><b>PRESSURE CHECK</b>  <b>FOURTH MONDAY OF EACH MONTH</b>  <b>11:00 AM</b>                  BY  <b>SHORELAND HEALTH CARE CENTER OF WHITEVILLE</b></p> 	<p><b>ELDER ABUSE HOTLINE 910-648-2800</b>                  You may be eligible for Extra Help for your Medicare "D" Premium?                  Call 640-6602 for Appointment.</p> <p><b>MEDICARE PART D INFORMATION CALL 910-640-6602</b></p>

FOR MORE INFO CALL MICHELLE WILSON DIPPEL,

SENIOR CENTER COORDINATOR @ 649-6881 or [mdippel@columbusco.org](mailto:mdippel@columbusco.org) VIST OUR WEBSITE @ [www.columbusco.org](http://www.columbusco.org) click on AGING

**FAIR BLUFF  
SENIOR CENTER NEWSLETTER  
FEBRUARY 2018**

**HAPPY BIRTHDAY TO OUR FEBRUARY 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**

**FREE DIABETES CLASSES**

**MONDAYS 8, 22, 29, 2018**

**9:45AM-11:45AM**

**COMPUTER CLASS**

**TUESDAYS AND THURSDAY 12:30-2:30**

**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 DIPPEN**

**SENIOR CENTER COORDINATOR,**

**[mdippel@columbusco.org](mailto:mdippel@columbusco.org)**

