

# OCTOBER 2018 FAIR BLUFF SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Puzzles /Games 9:45 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room</p> 	<p>2 9:00 Puzzles/Games 9:45 Fellowship 10:00 COMPUTER CLASS W/ MIKE- MIKE 11:45 Walking Exercise 12:00 Lunch Announcements&amp; Pledge of Allegiance 12:30 BINGO Exercise Room</p> 	<p>3 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room</p> 	<p>4 ARTS&amp;CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10:00 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements</p> 	<p>5 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance CATCH UP FRIDAY Exercise Room 1:30 CLOSE</p> 
<p>8 9:00 Puzzles /Games 9:45 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room <b>BP CHECK 11:15 AM BY SHORELAND HEALTH</b></p> 	<p>9 9:00 Puzzles/Games 10:00 Fellowship 10:00 COMPUTER CLASS W/ MIKE- MIKE 11:45 Walking Exercise 12:00 Lunch Announcements&amp; Pledge of Allegiance 12:30 BINGO Exercise Room <b>NATIONAL PIZZA DAY</b></p> 	<p>10 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements&amp; Pledge of Allegiance <b>SENIOR DAY AT THE FAIR 1:00 @ THE FAIR/WHITEVILLE</b></p> 	<p>11 ARTS&amp;CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10:00 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements&amp; Pledge of Allegiance Exercise Room <b>NATIONAL BULLYING PREVENTION MONTH</b></p> 	<p>12 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance CATCH UP FRIDAY Exercise Room 1:30 CLOSE <b>Food Bank NEXT TO ENRO GAS STATION/COMPANY CHADBURN, THURSDAYS</b></p>
<p>15 9:00 Puzzles /Games 9:45 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room <b>Educational Program by SCC 11AM....</b></p>	<p>16 9:00 Puzzles/Games 9:45 Fellowship 10:00 COMPUTER CLASS W/ MIKE- MIKE 11:45 Walking Exercise 12:00 Lunch Announcements&amp; Pledge of Allegiance 12:30 BINGO Exercise Room</p>	<p>17 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room</p>	<p>18 ARTS&amp;CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10:00 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements&amp; Pledge of Allegiance Exercise Room</p>	<p>19 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance CATCH UP FRIDAY Exercise Room 1:30 CLOSE</p>
<p>22 9:00 Puzzles /Games 9:45 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room <b>NUTRITION PROGRAM 11AM</b></p> 	<p>23 9:00 Puzzles/Games 9:45 Fellowship 10:00 COMPUTER CLASS W/ MIKE- MIKE 11:45 Walking Exercise 12:00 Lunch Announcements&amp; Pledge of Allegiance 12:30 BINGO Exercise Room <b>NATIONAL BOOK DAY</b></p> 	<p>24 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room <b>COME JOIN OUR BIBLE Study</b></p> 	<p>25 ARTS&amp;CRAFTS ALL DAY 9:00 Puzzles/Games 9:15 Fellowship 9:30 WALKING EXERCISE 10:00 COMPUTER CLASS W/ MIKE- MIKE 12:00 Lunch Announcements</p> 	<p>26 9:00 Puzzles/Games 10:00 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance CATCH UP FRIDAY Exercise Room 1:30 CLOSE <b>Arts &amp; Crafts</b></p> 
<p>29 9:00 Puzzles /Games 9:45 Fellowship 11:00 WALKING EXERCISE 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room <b>Join Me For Lunch</b></p> 	<p>30 9:00 Puzzles/Games 9:45 Fellowship 10:00 COMPUTER CLASS W/ MIKE- MIKE 11:45 Walking Exercise 12:00 Lunch Announcements&amp; Pledge of Allegiance 12:30 BINGO Exercise Room</p> 	<p>31 9:00 Puzzles/Games 10:00 Fellowship 10:30 WALKING EXERCISE 11:00 BIBLE STUDY/SING 12:00 Lunch Announcements&amp; Pledge of Allegiance 1:00 ARTS&amp;CRAFTS Exercise Room</p> 	<p><b>NATIONAL BREAST CANCER AWARENESS MONTH WEAR PINK EVERY FRIDAY TO SHOW SUPPORT</b></p> 	<p><b>ELDER ABUSE HOTLINE 910-648-2800 You may be eligible for Extra Help for your Medicare "D" Premium? Call 640-6602 for Appointment. 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  
OCTOBER 2018**

**HAPPY BIRTHDAY TO OUR OCTOBER FOLKS!!!**

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

**We Offer Classes Monday- Friday**

**Monday CRAFT CLASS 8:00-5:00**

**Tuesday-BINGO 12:30-1:30**

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

**Wednesday ART CLASS 1:00-5:00**

**Thursday-COMPUTER CLASS 9:00-12:00**

**Thursdays-12:30-1:30 BINGO**

**Thursday ARTS & CRAFTS 1:30-4:00**

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

**LUNCH SERVED DAILY AT 12:00**

**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 DIPP**

**SENIOR CENTER COORDINATOR,**

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

