### MARCH 2020 FAIR BLUFF SENIOR CENTER

#### Monday
- 2:00 Geri-Fit
- Exercise Room
- 9:00 Puzzles/Games
- 9:45 Fellowship
- 11:00 WALKING EXERCISE
- 12:00 Luncheon Announcements & Pledge of Allegiance

#### Tuesday
- 2:00 Geri-Fit
- Exercise Room
- 9:00 Puzzles/Games
- 9:45 Fellowship
- 10:00 COMPUTER CLASS W/ MIKE - MIKE
- 11:45 Walking Exercise
- 12:00 Luncheon Announcements & Pledge of Allegiance
- 12:30 BINGO

#### Wednesday
- 9:00 Puzzles/Games
- 9:45 Fellowship
- 10:00 COMPUTER CLASS W/ MIKE - MIKE
- 11:45 Walking Exercise
- 12:00 Luncheon Announcements & Pledge of Allegiance
- 12:30 BINGO

#### Thursday
- 9:00 Puzzles/Games
- 9:45 Fellowship
- 10:00 COMPUTER CLASS W/ MIKE - MIKE
- 11:45 Walking Exercise
- 12:00 Luncheon Announcements & Pledge of Allegiance
- 12:30 BINGO

#### Friday
- 9:00 Puzzles/Games
- 9:45 Fellowship
- 10:00 COMPUTER CLASS W/ MIKE - MIKE
- 12:00 Luncheon Announcements & Pledge of Allegiance
- 12:30 BINGO

#### Special Events
- **SEVERE WEATHER MONTH**
- **ARTS & CRAFTS ALL DAY**
- **WOMEN’S HISTORY MONTH**
- **FIRST DAY OF SPRING**
- **ARTS & CRAFTS ALL DAY**
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#### Health & Wellness
- **ELDER ABUSE HOTLINE** 910-648-2800
- **BP CHECK** FOURTH MONDAY OF EACH MONTH
- **11:00 AM**

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**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
MARCH 2020

HAPPY BIRTHDAY TO OUR MARCH 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

GERI-FIT CLASSES MONDAYS AND WEDNESDAY 2PM
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 DIPPEL
SENIOR CENTER COORDINATOR,
mdippel@columbusco.org