

Whiteville Senior Center February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Washington DC Trip June 3rd – 5th contact your local Senior Center Coordinator for more Information</p>		<p>1 7:00-3:30 Exercise rm 11:30 Chair Exercise 12:00 Lunch/Social</p>
<p>4 7:00-3:30 Exercise Rm 9:00 Computer Class 11:30 Blood Pressure Checks 12:00 Lunch/Social 1:00 UNO</p> 	<p>5 7:00-3:30 Exercise Rm 11:00 Guest Speaker 12:00 Lunch/.Social 1:00 Checkers</p>	<p>6 7:00-3:30 Exercise Rm. 10:30 Movie/Popcorn 12:00 Lunch/Social</p> 	<p>7 7:00-3:30 Exercise Rm. 11:00 Bingo 12:00 Lunch/Social</p>	<p>8 7:00-3:30 Exercise Rm. 11:30 Exercise 12:00 Lunch/Social</p> 
<p>11 7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Lunch/Social 1:00 Rummkiub</p>	<p>12 7:00-3:30 Exercise Rm. 11:00 Tv /Social Time 12:00 Lunch /Social 1:00 Puzzles</p> 	<p>13 7:00-3:30 Exercise Rm. 10:30 Make Valentine's Day Cards 11:45 Encouraging Words 12:00 Lunch/ Social</p>	<p>14 7:00-3:30 Exercise Rm 11:30 Exchange Valentine's Day Cards 12:00 Lunch/ Social 1:00 Family Feud</p> 	<p>15 7:00-3:30 Exercise Rm 11:30 Chair Exercise 12:00 Lunch /Social</p>
<p>18 7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Lunch/Social 1:00 Monopoly</p> 	<p>19 7:00-3:30 Exercise Rm. 11:00 Tv Time 12:00 Lunch/Social 1:00 UNO</p>	<p>20 7:00-3:30 Exercise Rm. 12:00 Lunch/Social 1:00 Puzzles</p> 	<p>21 7:00 -3:30 Exercise Rm. 12:00 Lunch / Social 1:00 Auction</p> 	<p>22 7:00-3:30 Exercise Rm 11:30 Exercise 12:00 Lunch/Social 1:00 Movie/Popcorn</p>
<p>25 7:00-3:30 Exercise Rm 9:00 Computer Class 12:00 Lunch/Social 1:00 Word Searches</p>	<p>26 7:00 Exercise Rm 10:30 Puzzles 12:00 Lunch/Social 1:00 Family Feud</p>	<p>27 7:00-3:30 Exercise Rm 12:00 Lunch/ Social 1:00 Cards</p>	<p>28 7:00-3:30 Exercise Rm. 12:00 Lunch/Social 1:00 Checkers</p>	

For more information: Kayla Bordeaux 640-6602 Nutrition Alice Bellamy 910-640-6602

WHITEVILLE SENIOR CENTER

VALENTINE'S DAY IS FEBRUARY 14TH



HAPPY BIRTHDAY TO OUR FEBUARY FOLKS

We invite ages 60 + to come join us in our daily activities

Monday Computer Class 9-12

Thursday Bingo 11-12

Lunch is served daily at 12

Fitness Room is open Monday-Friday 7-3. Just bring me your Doctor's Note and you can exercise all you want.

Contributions are greatly appreciated

Home Delivered Meals are available for those who qualify for more information contact Alice Bellamy or Breianne Blackman 910-640-6602.

Whiteville Senior Center

827 Washington Street

Whiteville, NC 28472

910-640-6602

Kayla Bordeaux

Senior Center Coordinator

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