

# WHITEVILLE SENIOR CENTER JUNE 2017

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Exercise Room</b> To exercise you need a DOCTORS NOTE... Doctor Notes &amp; Exercise Program Registration Forms, have to UPDATED YEARLY. Enjoy your WORKOUT! *** 60 &amp; Older 7am-4pm Monday-Friday</p> <p><b>NATIONAL SOUL FOOD MONTH</b></p>	<p><b>MEDICARE "D" INFO</b> 1-855-408-1212 910-640-6602 <b>Medication Assistance Program</b> 910-640-6602 <b>OPEN ENROLLMENT BEGINS</b> OCT 15- DEC 7 Call for Appt. 640-6602 <b>LUNG CANCER AWARENESS MONTH</b></p>		<p><b>1</b> 7:00 Exercise Rm. 8:00 Puzzles 10:45 Exercise <b>11:00 Bingo</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Adult Coloring</b> 4:00 Fellowship</p> 	<p><b>2</b> 7:00 Exercise Rm. 8:00 Puzzles 10:00 Group Exercise 11:45 Announcements <b>12:00 Lunch/Social</b> 1:00 Computer Lab Open 3:00 Puzzles 4:00 Fellowship</p> <p><b>NATIONAL DOUGHNUT DAY</b></p>
<p><b>5</b> 7:00 Exercise Rm. 8:00 Puzzles <b>9:00 Computer Class</b> <b>11:00 Game Days</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> <p><b>WORLD ENVIRONMENT DAY</b></p>	<p><b>6</b> 7:00 Exercise Rm. 8:00 Puzzles 9:00 Fellowship <b>10:00 Singing Premier/Liv</b> <b>10:30 Crafts-</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> 	<p><b>7</b> 7:00 Exercise Rm. 8:00 Puzzles <b>10:00 Bowling Buddies</b> 11:45 Announcements <b>12:00 Lunch/Social</b> <b>1:00 Crafts on your own</b> 4:00 Fellowship</p> 	<p><b>8</b> 7:00 Exercise Rm. 8:00 Puzzles 10:45 Exercise <b>11:00 Bingo</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Adult Coloring</b> 4:00 Fellowship</p> <p><b>BEST FRIENDS DAY</b></p>	<p><b>9</b> 7:00 Exercise Rm. 8:00 Puzzles 10:00 Group Exercise 11:45 Announcements <b>12:00 Lunch/Social</b> 1:00 Computer Lab Open 3:00 Puzzles 4:00 Fellowship</p> <p><b>NATIONAL ALZHEIMER'S MONTH</b></p>
<p><b>12</b> 7:00 Exercise Rm. 8:00 Puzzles <b>9:00 Computer Class</b> <b>11:00 Game Days</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> 	<p><b>13</b> 7:00 Exercise Rm. 8:00 Puzzles 9:00 Fellowship <b>10:00 Singing Shoreland</b> <b>10:30 Crafts-</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> 	<p><b>14</b> 7:00 Exercise Rm. 8:00 Puzzles <b>10:00 Bowling Buddies</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Crafts on your own</b> 4:00 Fellowship</p> <p><b>FLAG DAY</b></p> 	<p><b>15</b> 7:00 Exercise Rm. 8:00 Puzzles 10:45 Exercise <b>11:00 Bingo</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Adult Coloring</b> 4:00 Fellowship</p> <p><b>SMILE POWER DAY</b></p>	<p><b>16 NATIONAL FLIP FLOP DAY</b> 7:00 Exercise Rm. 8:00 Puzzles 10:00 Group Exercise 11:45 Announcements <b>12:00 Lunch/Social</b> 1:00 Computer Lab Open 3:00 Puzzles 4:00 Fellowship</p> 
<p><b>19</b> 7:00 Exercise Rm. 8:00 Puzzles <b>9:00 Computer Class</b> <b>11:00 Game Days</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> <p><b>SUNDAY, JUNE 18 FATHER'S DAY</b></p>	<p><b>20</b> 7:00 Exercise Rm. 8:00 Puzzles 9:00 Fellowship <b>10:00 Sing Liberty/Com</b> <b>10:30 Crafts</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>11:30 Special Program</b> <b>UNCW PROJECT</b></p>	<p><b>21</b> 7:00 Exercise Rm. 8:00 Puzzles <b>10:00 Bowling Buddies</b> 11:45 Announcements <b>12:00 Lunch/Social</b> <b>1:00 Crafts on your own</b> 4:00 Fellowship</p> <p><b>FIRST DAY OF SUMMER</b></p> <p><b>WORLD MUSIC DAY</b></p>	<p><b>22</b> 7:00 Exercise Rm. 8:00 Puzzles 10:45 Exercise <b>11:00 Bingo</b> 11:45 Announcements 12:00 Social/Lunch <b>1:00 Adult Coloring</b> 4:00 Fellowship</p> 	<p><b>23</b> 7:00 Exercise Rm. 8:00 Puzzles 11:45 Announcements <b>12:00 Social/Lunch</b> 1:00 Computer Lab Open 3:00 Puzzles 4:00 Fellowship</p> <p><b>Fellowship</b></p> 
<p><b>26</b> 7:00 Exercise Rm. 8:00 Puzzles <b>9:00 Computer Class</b> <b>11:00 Game Days</b> 11:45 Announcements <b>12:00 Social/Lunch</b> 4:00 Fellowship</p> 	<p><b>27</b> 7:00 Exercise Rm. 8:00 Puzzles 9:00 Fun/Fellowship <b>10:00 Sing Liberty/Com</b> <b>10:30 Crafts</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Auction</b> 4:00 Fellowship <b>Savannah, GA Trip</b> <b>6/27to6/29</b></p> 	<p><b>28</b> 7:00 Exercise Rm. 8:00 Puzzles <b>10:00 Bowling Buddies</b> 11:45 Announcements <b>12:00 Lunch/Social</b> <b>1:00 Crafts on your own</b> 4:00 Fellowship</p> <p><b>ELDER ABUSE AWARENESS MONTH</b></p> 	<p><b>29</b> 7:00 Exercise Rm. 8:00 Puzzles 10:45 Exercise <b>11:00 Bingo</b> 11:45 Announcements <b>12:00 Social/Lunch</b> <b>1:00 Adult Coloring</b> 4:00 Fellowship</p> <p><b>NATIONAL ICE TEA MONTH</b></p>	<p><b>30</b> 7:00 Exercise Rm. 8:00 Puzzles 10:00 Group Exercise 11:45 Announcements <b>12:00 Lunch/Social</b> 1:00 Computer Lab Open 3:00 Puzzles 4:00 Fellowship</p> <p><b>Information:</b> Activities that are in <b>BOLD</b> print are group activities...All others are individual activities... Thanks!</p>

WHITEVILLE SENIOR CENTER  
827 WASHINGTON STREET  
WHITEVILLE, N.C. 28472  
NEWSLETTER

 **JUNE 2017** 

We cordially invite all seniors (age 60+) to come and join us in our daily activities at the Whiteville Senior Center.  
**We offer Classes Monday through Friday.**

Currently, we are offering---

**Monday- Computer Class -9:00am**

**Monday-Game Days 11:00am**

**Tuesday- Choir10:00am We need more Choir members! SINGING SENIORS**

**Tuesday-Crafts 10:30am**

**Tuesday-Last Tuesday of the month--Auction 1pm**

**Wednesday-Bowling (Lumberton) 10:00-12:00 (Noon)**

**Wednesday – Crafts on your own1pm**

**Thursday- Bingo 11:00am**

**Thursday-1:00pm Adult Coloring**

**Friday-Free Day-8am Crafts, Computers, Exercise, etc.**

**Lunch is served @ 12:00 Noon--Monday through Friday**

**A Contribution is greatly appreciated.**

**The Exercise Room is open from 7:00 AM-4:00 PM Monday- Friday.**

**Contributions are Appreciated & Needed.**

**Columbus County Dept. of Aging Senior Centers are sponsoring trips. For more information contact your Senior Center Coordinator.**

**Our Senior Singers (Volunteers) sing 4 times monthly at the Retirement Homes in Whiteville and Lake Waccamaw.**

We need members in our Whiteville Senior Center Choir to sing.

Please contact Jean Powers, Whiteville Senior Center Coordinator, at 640-6602 Ext. 235

**JOIN THE EXERCISE PROGRAM AT THE WHITEVILLE SENIOR CENTER.**

**Bring your Doctor's Note**

**For more information, Please call 640-6602 Ext.235**

Jean Powers-Whiteville Senior Center Coordinator

Dorothy Paige-Nutrition Site Manager

