


























WHITEVILLE SENIOR CENTER APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Lunch/Social 1:00 Tv Time</p> 	<p>3 7:00-3:30 Exercise Rm. 10:00 Tv Time 11:30 Let's Talk About It 12:00 Lunch/Social 1:00 Rummikub</p> 	<p>4 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:30 Sing Songs/Prayer 11:45 Chair Exercise 12:00 Lunch/Social</p> 	<p>5 7:00-3:30 Exercise Rm. 11:00 Bingo 11:45 Announcements 12:00 Lunch/Social</p> 	<p>6 7:00-3:30 Exercise Rm. 10:00 Tv/ Time 11:45 Chair/ Group Exercise 12:00 Lunch/Social</p> 
<p>9 7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Lunch/Social 1:00 Word Searches</p> 	<p>10 7:00-3:30 Exercise Rm. 11:00 MOVIE/POPCORN 12:00 Lunch/Social</p> 	<p>11 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:30 Encouraging Words /Sing Songs/Prayer 11:45 Announcements 12:00 Lunch/Social</p> 	<p>12 7:00-3:30 Exercise Rm. 11:00 Tv Time/Fun 11:00 Bingo 12:00 Lunch/Social</p> 	<p>13 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:45 Chair/Group Exercise 12:00 Lunch/Social</p> 
<p>16 7:00-3:30 Exercise Rm. 9:00 Computer Class 11:30 Blood Pressure Checks (Columbus County Dept. of Aging RN Nurse) 12:00 Lunch/Social</p> 	<p>17 7:00-3:30 Exercise Rm. 11:00 Bingo 12:00 Lunch/Social 1:00 Rummikub</p> 	<p>18 7:00-3:30 Exercise Rm. 11:30 Sing Songs/Poem Reading/Prayer 11:45 Announcements 12:00 Lunch/Social</p> 	<p>19 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:30 Auction/Raffle 12:00 Lunch/Social</p> 	<p>20 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:45 Chair/Group Exercise 12:00 Lunch/Social</p> 
<p>23 7:00-3:30 Exercise Rm. 9:00 Computer Class 11:00 Blood Pressure Checks (SHORELAND HEALTHCARE CENTER) 12:00 Lunch/Social</p> 	<p>24 7:00-3:30 Exercise Rm. 10:00 Tv Time 11:00 Craft 12:00 Lunch/Social</p> 	<p>25 7:00-3:30 Exercise Rm. 10:00 Tv Time 11:30 Sing Songs/Prayer 11:45 Announcements 12:00Lunch/Social</p> 	<p>26 SENIOR PROM 5:00-7:30 7:00-3:30 Exercise Rm. 10:00 Tv Time 11:00 Bingo 12:00 Lunch/Social</p> 	<p>27 7:00-3:30 Exercise Rm. 11:00 Tv Time 11:45 Chair/Group Exercise 12:00 Lunch/Social</p> 
<p>30 7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Lunch/Social 1:00 Fun/ Social</p> 	<p>SENIOR PROM APRIL 26TH VINELAND STATION DOWNTOWN WHITEVILLE \$12.00 PER A PERSON</p> 	<p>MATTER OF BLANCE WILL START IN MAY SO COME ON OUT AND GET SOME TIPS ON HOW TO PREVENT FALLS!!</p> 	<p>SENIOR PINIC IS MAY 15TH AT THE FAIR GROUNDS CONTACT YOUR LOCAL SENIOR CENTER COORDINATOR FOR MORE INFORMATION</p> 	

WHITEVILLE SENIOR CENTER APRIL NEWSLETTER



HAPPY BIRTHDAY TO OUR APRIL FLOKS

Lunch Served Daily At 12:00.

We invite all of ours seniors 60 & up to come out and fellowship with us.

Fitness Room is open Monday through Friday 7:00-3:30. Just bring me your DOCTORS NOTE and you can exercise all you want!!!!!!

Contributions are greatly appreciated.

Senior Prom is April 26th at the Vineland Station Downtown price is \$12.00 per person for more information contact your local senior center coordinator.

We serve Congregate Meals for Seniors 60 & older /Home Delivered Meals for those that qualify for more information contact Alice Bellamy 910-640-6602.



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