












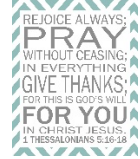











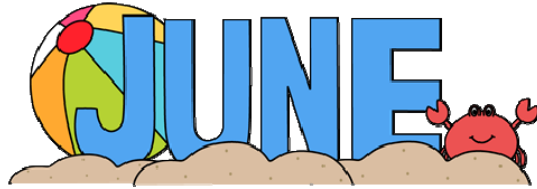


WHITEVILLE SENIOR CENTER JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Congrats to all the Graduates</p>  <p style="text-align: center;">Blood Pressure Checks June 12th @ 11</p> 	<p style="text-align: center;">Elder Abuse Awareness June 15th Wear Purple</p> 	<p style="text-align: center;">Father's Day is June 17th</p> 	<p style="text-align: center;">June 1 st we will have a guest speaker @ 11:00 am she will be talking about protein and the importance of exercising. So come on out and join us.</p> 	<p style="text-align: center;">1</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Guest Speaker 12:00 Social\Lunch</p> 
<p style="text-align: center;">4</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Social/Lunch 1:00 UNO</p> 	<p style="text-align: center;">5</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Movie/Popcorn 11:30 Crossword Puzzles 12:00 Lunch/Social</p> 	<p style="text-align: center;">6</p> <p style="text-align: center;">7:00-3:30 Exercise Rm.</p> <p style="text-align: center;">Day Trip To Lake Waccamaw. If attending Lunch is on your own No Lunch Served @ Site</p> 	<p style="text-align: center;">7</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:30 Tv Time 11:00 Bingo 12:00 Social/Lunch</p> 	<p style="text-align: center;">8</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Tv Time 11:30 Let's Dance 12:00 Lunch/Social</p> 
<p style="text-align: center;">11</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Social/Lunch 1:00 Beading</p> 	<p style="text-align: center;">12</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:00 Tv Time/Social 11:00 Blood Pressure Checks done by Shoreland 12:00 Social/Lunch</p> 	<p style="text-align: center;">13</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:30 Tv Time/Social 11:45 Prayer/Give Thanks 12:00 Social/Lunch</p> 	<p style="text-align: center;">14</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Bingo 12:00 Social/Lunch</p> 	<p style="text-align: center;">15 Elder Abuse Awareness Day Wear Purple</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Walk Around The Block 12:00 Social/Lunch</p> 
<p style="text-align: center;">18</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 9:00 Computer Class 11:00 Blood Pressure Checks by CDOA Nurse Serena 12:00 Social/Lunch 1:00 Free Choice of Games</p> 	<p style="text-align: center;">19</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:30 Beading 11:00 Tv Time 12:00 Social/Lunch</p> 	<p style="text-align: center;">20</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:30 Craft 11:30 Prayer/Sing Songs 12:00 Lunch/Social Hour</p> 	<p style="text-align: center;">21</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Bingo 12:00 Lunch/Social 1:00 Secret Game</p> 	<p style="text-align: center;">22</p> <p style="text-align: center;">7:00-3:30 Exercise 11:00 Tv Time 11:45 Let's Dance 12:00 Lunch/Social</p> 
<p style="text-align: center;">25</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 9:00 Computer Class 12:00 Social/Lunch 1:00 Coloring Pages</p> 	<p style="text-align: center;">26</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:30 Puzzles 11:30 Tv Time 12:00 Social/Lunch</p> 	<p style="text-align: center;">27</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:00 Tv Time 11:30 Encouraging Words 12:00 Lunch/Social Hour 1:00 UNO</p> 	<p style="text-align: center;">28</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 10:00 Tv Time 11:00 Bingo 12:00 Lunch/Social</p> 	<p style="text-align: center;">29</p> <p style="text-align: center;">7:00-3:30 Exercise Rm. 11:00 Tv Time 11:45 Exercise 12:00 Lunch/Social</p> 

WHITEVILLE SENIOR CENTER JUNE NEWSLETTER



HAPPY BIRTHDAY TO OUR JUNE FLOKS

Computer Class Held on Monday's from 9:00a.m. Until 12:00p.m.

Lunch Served Daily At 12:00 p.m.

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

Exercise Room is open Monday through Friday 7:00 am – 3:30 pm. Just bring me your DOCTORS NOTE and you can exercise all you want seniors under the age of 60 can exercise also but with a small fee of a \$1.00 a day or \$15.00 a month.

Contributions are not required but are greatly appreciated.

Congregate Meals are served daily for Seniors ages 60 & older / Home Delivered Meals are available for those that qualify for more information contact Breianne Blackmon or Alice Bellamy 910-640-6602.

