

SEPTEMBER 2020 FAIR BLUFF SENIOR CENTER




Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1. Watch your favorite TV show</p> 	<p>2. Take a morning walk</p> 	<p>3. Skyscraper Day</p> 	<p>4. Laugh a little today</p> 
<p>7. it's Labor Day take the day off!</p> 	<p>8. Watch your favorite game show</p> 	<p>9. Happy Birthday to all September Folks</p> 	<p>10. Call and check on friends and family</p> 	<p>11. 9/11... NEVER forget</p> 
<p>14. National Cream Filled Donut Day</p> 	<p>15. Make a Hat Day</p> 	<p>16. Chair exercise for 15 minutes</p> 	<p>17. Cheese Burger Day</p> 	<p>18. Take a ride and practice social distancing</p> 
<p>21. Wear your favorite color socks</p> 	<p>22. Sing your favorite song</p> 	<p>23. Do your favorite exercise for 20 minutes?</p> 	<p>24. Read your favorite book</p> 	<p>25. We miss you all write us and let us know how you are doing</p> 
<p>28. Go outside and get some fresh air</p> 	<p>29. Read a newspaper</p> 	<p>30. Take a 15-minute walk</p> 	<p>Please call me I am working on the exercise schedule so when I get the ok to open back up it will be first come first serve. Masks will be required and you will have to have a updated doctor's excuse if your has expired call me for more details 910-649-6881!!</p>	<p>Due to Covid-19 Fair Bluff Senior Center remains closed to the public until further notice Curbside Meal pickup available Monday-Friday 12:00-12:15</p>

FOR MORE INFO CALL Breianne Blackman,

SENIOR CENTER COORDINATOR@ 649-6881 or bblackman@columbusco.org VISIT OUR WEBSITE @ www.columbusco.org

**FAIR BLUFF
SENIOR CENTER NEWSLETTER**

SEPTEMBER 2020
HAPPY BIRTHDAY TO OUR JULY FOLKS!!!

Lunch Served Daily at 12:00 – 12:15 drive through service only!!!

We serve Congregate Meals for Seniors **60 & older** for more information or to sign up please call **910-649-6881** and speak with Mildred Vereen.

A Contribution is appreciated.

**Fair Bluff Senior Center
685 Academy St. Room 116
Fair Bluff, NC 28439
(910) 649-6881**

**BREIANNE BLACKMAN
SENIOR CENTER COORDINATOR,
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**HAPPY
LABOR
DAY**