





January

Calendar & Newsletter

<p>ELDER ABUSE HOTLINE 910-648-2800</p> <p>MEDICARE PART D INFORMATION 910-640-6602</p> <p>You may be eligible for Extra Help for your Medicare "D" Premium? Call for Appointment.</p>	<p>Fair Bluff Senior Center 685 Academy Street Fair Bluff, NC 28439 (910) 871-0001</p> <p>Summer Britt SENIOR CENTER PROGRAM COORDINATOR summer.britt@columbusco.org www.columbusco.org (click on AGING)</p> <p>Follow us on Facebook!</p>	<p>CLOSED</p> <p>Happy New Year 2025</p>	<p>2 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music & Singing 11:00 Story Teller Thursday 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>3 9:00 Fellowship 10:00 Game Day: Board & Table Games 11:00 <u>Arts & Crafts</u>: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 FREE TIME/Weekly Cleanup</p>	
<p>6 9:00 Fellowship / Upcoming Week Review 10:00 Geri Fit 11:00 <u>Arts & Crafts</u>: Intro Jewelry Making 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>7 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 <u>Arts & Crafts</u>: Intro Wreath Making 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>8 9:00 Fellowship 10:00 Geri Fit 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 "Dementia-Pt. 1": Mental Health Series w/Julie Foster 2:00 Puzzles / Table Games</p>	<p>9 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music & Singing 11:00 BINGO: Hosted by Gentiva 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>10 9:00 Fellowship 10:00 Game Day: Board & Table Games 11:00 <u>Arts & Crafts</u>: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 FREE TIME/Weekly Cleanup</p>	
<p>Time Info for RSVP Due!</p>					
<p>13 9:00 Fellowship / Upcoming Week Review 10:00 Geri Fit 11:00 <u>Arts & Crafts</u>: Intro Jewelry Making 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>14 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 <u>Arts & Crafts</u>: Free Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>15 9:00 Fellowship 10:00 Geri Fit 11:00 <u>Arts & Crafts</u>: Independent Project 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>16 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music & Singing 11:00 Story Teller Thursday 12:00 Lunch: Prayer & Pledge of Allegiance 1:00 Dance Class - "Electric Slide" 2:00 Silver Solutions Class 3:00 Puzzles / Table Games</p>	<p>17 9:00 Fellowship 10:00 Game Day: Board & Table Games 11:00 <u>Arts & Crafts</u>: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 FREE TIME/Weekly Cleanup</p>	
<p>CLOSED</p> <p>MLK. DAY</p>  <p>MARTIN LUTHER KING JR. I HAVE A DREAM</p>	<p>21 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 <u>Arts & Crafts</u>: Free Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>22 9:00 Fellowship 10:00 Geri Fit 11:00 BINGO: Hosted by Gentiva 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>23 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music & Singing 11:00 Story Teller Thursday 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>24 9:00 Fellowship 10:00 Game Day: Board & Table Games 11:00 <u>Arts & Crafts</u>: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 FREE TIME/Weekly Cleanup</p>	
<p>27 9:00 Fellowship / Upcoming Week Review 10:00 Geri Fit 11:00 <u>Arts & Crafts</u>: Intro Jewelry Making 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>28 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 <u>Arts & Crafts</u>: Free Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>29 9:00 Fellowship 10:00 Geri Fit 11:00 <u>Arts & Crafts</u>: Independent Project 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>30 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music & Singing 11:00 Story Teller Thursday 12:00 Lunch & January Birthday Party: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 Puzzles / Table Games</p>	<p>31 9:00 Fellowship 10:00 Game Day: Board & Table Games 11:00 <u>Arts & Crafts</u>: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather Permits) or Cardio Drumming 1:00 Silver Solutions Class 2:00 FREE TIME/Weekly Cleanup</p>	

January Calendar & Newsletter

January Birthdays:

-  Cynthia Rorie 01/20
-  Barbara Edge 01/24
-  Mildred Vereen 01/29
-  Kent Young 01/31

**WELCOME
Back**



Interested in signing up for AmeriCorps Seniors RSVP? It's never too late! See Summer

***RSVP VOLUNTEERS: PLEASE TURN IN TIME SHEETS TO SUMMER BY 01.06.2025**

Welcome to Fair Bluff Senior Center's **NEW YEAR** of NEW Activities & Events, as well as revamping or regular classes!

- * Dance Classes
- * Gardening Club
- * Spirit Days
- * Story Teller Thursdays
- * Geri Fit
- * Cardio Drumming
- * Walking Club
- * Bible Study
- * Senior Spotlight Moments
- * SilverSolutions Tech Class
- * Mental Health Series
- * Bingo
- * Movie Days
- * Monthly Parties
- * Affordable Monthly Trips
- * Health Clinics

& So Much More!

Mental Health Series:
"DEMENTIA-Pt. 1"

**Wednesday,
01.08.2025
1:00pm – 2:00pm**

Presented by Julie Foster
Snacks will be provided

Bible Study

Tuesdays & Thursdays
10:00 am – 11:00 am

We will be beginning our lessons with the "Journey through the Bible in a Year".

Silver Solutions Tech Class

Available for Questions & Assistance
**Monday – Friday
1:00 pm - 2:00 pm**

Any phone, social media, email, etc., questions you have, please feel to reach out at any time for assistance or tutorials on how to better use your smart phone.

**BINGO
THURSDAY
01.09.2025
&
WEDNESDAY
01.22.2025
11:00 A.M.
Hosted by Gentiva**

FBSC Health & Fitness Options:

- Geri Fit
- Cardio Drumming
- Walking Club
- Dance Class
- Mental Health Series

**DANCE CLASS
"Learning the ELECTRIC SLIDE"**

**Thursday,
01.16.2025**

1:00pm – 2:00pm

Special Guest Instructors:
Lou Horne & Kathy Horne Ashley
Recreation Room

**Cardio Drumming
Monday - Friday,
12:30pm – 1:00pm**

Recreation Room

January Birthday Party

Thursday, 12:00pm

All January Birthday Stars bring a sweet or salty treat to share with everyone at the party

Story Teller Thursday

**"Picture from your Childhood to Share"
Thursday,
January 16th
January 23rd
January 30th**



WE WILL BE CLOSED ON

MLK DAY
MARTIN LUTHER KING JR. DAY



CENTER HOURS:

MONDAY - FRIDAY | 8:30-5:00 PM

LUNCH: M - F | 12:00 PM

EXERCISE ROOM: M – F | 8:30-5:00PM

(Exercise equipment can be used with a note from your doctor)

Contributions are appreciated.

Fair Bluff Senior Center