

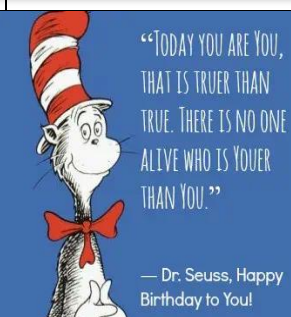
# March Calendar & Newsletter

<p>3 9:00 Fellowship / Week Review 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u> 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming</p> <p><b>MON</b> "One Fish, Two Fish, Red Fish, Blue Fish" <b>WEAR RED OR BLUE</b></p>	<p>4 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music &amp; Singing 11:00 <u>Arts &amp; Crafts</u> 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:00 Movie / Discussions</p> <p><b>TUE</b> "Cat in the Hat" <b>WEAR YOUR FAVORITE HAT</b></p>	<p>5 9:00 Fellowship 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u> 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming</p> <p><b>WED</b> "Wacky Wednesday" <b>WEAR MIX-MATCH CLOTHING OR WACKY HAIR/HAIR ACCESSORIES</b></p>	<p>6 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music &amp; Singing 11:00 Story Teller Thursday 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 1:00 Dance Class 2:00 Movie / Discussions</p> <p><b>THU</b> "Thing 1 &amp; Thing 2" <b>DRESS LIKE TWINS</b></p>	<p>7 9:00 Fellowship 10:00 Board &amp; Table Games 11:00 <u>Arts &amp; Crafts</u>: Weekly Wrap Up &amp; Pack Up 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming</p> <p><b>FRI</b> "Fox in Socks" <b>WEAR MIX-MATCH OR FUN PRINTED SOCKS</b></p> <p><b>Dr. Seuss Week</b></p>
<p>10 9:00 Fellowship / Week Review 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u>: Bow Making 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Puzzles / Table Games</p>	<p>11 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music &amp; Singing 11:00 <u>Arts &amp; Crafts</u>: St. Patrick's Day Craft 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:00 Movie / Discussions 3:30 Puzzles / Table Games</p>	<p>12 9:00 Fellowship 10:00 Geri Fit <b>11:00 BINGO: Hosted by Gentiva</b> 12:00 Lunch: Prayer &amp; Pledge of Allegiance <b>1:00 "Dementia-Pt. 2": Mental Health Series w/Julie Foster</b> 2:00 Movie / Discussions 3:30 Puzzles / Table Games</p>	<p>13 <b>FBSC Day Trip HAMMRICK (8:45am – 3:45pm)</b> 12:00 pm   Lunch Still Being Served at the FBSC 12:00 – 1:30 pm   Free Incontinence Supplies Available at Whiteville Senior Center 6:00 pm   Fair Bluff's 44<sup>th</sup> Annual Chamber Banquet</p>	<p>14 9:00 Fellowship 10:00 Board &amp; Table Games 11:00 <u>Arts &amp; Crafts</u>: Weekly Wrap Up &amp; Pack Up 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Free Time/Weekly Cleanup</p>
<p>17 <b>Wear Green</b> 9:00 Fellowship / Week Review 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u>: St. Patrick's Day Craft 11:30 Silver Solutions Q&amp;A <b>12:00 Lunch: Prayer &amp; Pledge of Allegiance   St. Patrick's Day Birthday Party</b> 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Puzzles / Table Games</p>	<p>18 9:00 Fellowship <b>10:15 Liberty Hospice: Special Arts &amp; Crafts Project</b> 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 1:00 Silver Solutions Q&amp;A 2:00 Movie / Discussions 3:30 Puzzles / Table Games</p>	<p>19 9:00 Fellowship 10:00 Geri Fit <b>11:00 Lower Cape Fear Hospice presentation Living Will: Q&amp;A</b> 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Puzzles / Table Games</p>	<p>20 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music &amp; Singing 11:00 Story Teller Thursday 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 1:00 Dance Class 2:00 Movie / Discussions 3:30 Puzzles / Table Games</p>	<p>21 9:00 Fellowship 10:00 Board &amp; Table Games 11:00 <u>Arts &amp; Crafts</u>: Weekly Wrap Up &amp; Pack Up 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Free Time/Weekly Cleanup</p>
<p>24 9:00 Fellowship / Week Review 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u> 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour</p>	<p>25 9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music &amp; Singing 11:00 <u>Arts &amp; Crafts</u> 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour</p>	<p>26 9:00 Fellowship 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u> 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour</p>	<p>27 9:00 Fellowship 10:00 Bible Study Session: Review w/ Music &amp; Singing 11:00 Story Teller Thursday 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 1:00 Dance Class*</p>	<p>28 9:00 Fellowship 10:00 Board &amp; Table Games 11:00 <u>Arts &amp; Crafts</u>: Weekly Wrap Up &amp; Pack Up 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Free Time/Weekly Cleanup</p>

**Note: Center Closing Hours are subject to change per staffing availability.**

**\*Reminder: Coordinator will be out from the 24<sup>th</sup> – 27<sup>th</sup> for a Senior Management Class. Certain Coordinator Led FBSC Classes will be rescheduled until the following week! ☺**

<p>31 9:00 Fellowship / Week Review 10:00 Geri Fit 11:00 <u>Arts &amp; Crafts</u>: Collages 11:30 Silver Solutions Q&amp;A 12:00 Lunch: Prayer &amp; Pledge of Allegiance 12:30 Soap Opera Hour 2:30 Walking Club (Weather Permits) or Cardio Drumming 3:00 Puzzles / Table Games</p>
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Fair Bluff Senior Center  
685 Academy Street  
Fair Bluff, NC 28439  
(910) 871-0001  
**Summer Britt**  
SENIOR CENTER PROGRAM COORDINATOR  
summer.britt@columbusco.org  
[www.columbusco.org](http://www.columbusco.org)  
(click on AGING)  
**Follow us on Facebook!**



**ELDER ABUSE HOTLINE**  
910-648-2800  
**MEDICARE PART D INFORMATION**  
910-640-6602  
You may be eligible for Extra Help for your Medicare "D" Premium? Call for Appointment.

# March Calendar & Newsletter



**3/14**  
**Doug McFadden**

**Interested in signing up for AmeriCorps Seniors RSVP?**  
See Summer for More Information

**Walking Club**  
Mon-Wed-Fri  
12:30pm - 1:00pm  
\*Weather Permits\*

**Cardio Drumming**  
Mon-Wed-Fri  
12:30pm - 1:00pm  
\*Recreation Room\*

**DANCE CLASS**  
THURSDAYS  
1:00pm - 2:00pm  
Special Guest Instructors:  
Lou Horne & Kathy Horne Ashley  
Summer Britt  
\*Recreation Room\*

**Bible Study**  
Tue & Thu | 10:00 - 11:00 am  
Bible Study consists of a notable independent and group study guide, "The Journey through the Bible in a Year".

**Story Teller**  
Thursdays | 11:00 am  
Bring a picture, toy, or something special & memorable to you, to share during our fellowship time. Let's take a walk down memory lane together!

**Silver Solutions: Q&A**  
Available Mon - Fri  
Any phone, social media, email, or general questions you have, please feel to reach out at any time for help to navigate your smart phone.

DBNC Essentials Hub is coming to the Whiteville Senior Center!  
**Thursday, March, 13<sup>th</sup> | 12:00 - 1:30 pm**  
**FREE** Adult Incontinence Supplies to the residents of Columbus County!  
First-come, first-served. | Please bring your own bags.

FBSC's Monthly Senior Day Trip to HAMRICK's Bus Load Event followed by LUNCH at McAlister's Deli  
**Thursday, March, 13<sup>th</sup>, 2025**  
Van leaving 8:45 am  
Arriving at Hamrick's by 10/10:15 am  
LUNCH at 12 (approximately)  
Shopping at Local Shopping Center 1:30 pm  
Van leaving beach 2:30 pm  
Arriving at the center 3:45/4:00 pm  
\*Schedule/Times are subject to change.

Liberty Home Care & Hospice will be joining us at our center to do a special "Arts & Crafts" project; just for us! (\*Also a Raffle!\*)  
**Tuesday, March 18<sup>th</sup> | 10:30 am**  
(\*We will be starting promptly, so please arrive on time\*)

Lower Cape Fear Hospice will join us for a Presentation and Q&A Discussion on Living Wills (Health/Medical Decisions Only)  
**Wednesday, March 19<sup>th</sup> | 11:00 am - 12:00 pm**  
(\*We will be starting promptly, so please arrive on time\*)

**The Month of MARCH**





Dr. Seuss week | ST. PATRICK'S DAY | CHANGEMAKERS  
CELEBRATING WOMEN'S HISTORY MONTH

**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.**  
\*Calendar is subject to change\*

**BINGO**  
(Every 2<sup>nd</sup> Wednesday of the Month)  
**03.12.2025 | 11:00 A.M.**

Mental Health Series:  
**"DEMENTIA-Pt. 2"**  
03.12.2025 | 1:00pm - 2:00pm  
Presented by Julie Foster

**Dr. Seuss Week**  
at the Fair Bluff Senior Center  
March 3<sup>rd</sup>-7<sup>th</sup>

**MON** "One Fish, Two Fish, Red Fish, Blue Fish"  
**WEAR RED OR BLUE**

**TUE** "Cat in the Hat"  
**WEAR YOUR FAVORITE HAT**

**WED** "Wacky Wednesday"  
**WEAR MIX-MATCH CLOTHING OR WACKY HAIR/HAIR ACCESSORIES**

**THU** "Thing 1 & Thing 2"  
**DRESS LIKE TWINS**

**FRI** "Fox in Socks"  
**WEAR MIX-MATCH OR FUN PRINTED SOCKS**

March Birthday/ St. Patrick's Party  
March 17<sup>th</sup>, 2025  
[During Lunch]  
Anyone attending, please bring a snack to share with everyone.  
\*Reminder: Birthday Stars please bring something to share with everyone for your birthday\*  
**\*Remember: WEAR SOMETHING GREEN\***

44<sup>th</sup> Annual Chamber Banquet

MARCH  
THURSDAY | **13** | AT 6:00 PM  
2025

1205 MAIN STREET, FAIR BLUFF, NC  
FOR COMPLETE INFORMATION VISIT:  
WWW.FAIRBLUFF.COM