JULY 2024 | FAIR BLUFF SENIOR CENTER

Monday RED, WHITE, BLUE WEEK

9:00 Fellowship / Upcoming Week Review

10:00 Geri Fit - Recreation Room

11:00 Senior Project: "PWAP" / Arts & Crafts: Intro Jewelry Making

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

9:00 Fellowship / Upcoming Week Review

10:00 Geri Fit - Recreation Room

11:00 Senior Project: "PWAP" / Arts & Crafts: Intro Jewelry Making

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

9:00 Fellowship / Upcoming

10:00 Geri Fit - Recreation

11:00 Senior Project: "PWAP"

/ Arts & Crafts: Intro Jewelry

12:00 Lunch: Prayer & Pledge

12:30 Walking Club (Weather

Permits) or Cardio Drumming

Tuesday

Wednesday 3 RED, WHITE, BLUE WEEK

9:00 Fellowship

10:00 Geri Fit - Recreation Room

11:00 Arts & Crafts: Intro Jewelry Making

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games Thursday

9:00 Fellowship

of Allegiance

10:00 Bible Study Session:

Review w/ Music & Singing

/ Arts & Crafts: Wreaths

11:00 Senior Project: "PWAP"

12:00 Lunch: Prayer & Pledge

12:30 Walking Club (Weather

Permits) or Cardio Drumming

2:00 Puzzles / Table Games

5 RED, WHITE, BLUE WEEK

9:00 Fellowship

10:00 Game Day: Board & Table

Friday

11:00 Arts & Crafts: Weekly Wrap Up / Take Home Art Day

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 FREE TIME

July 6th 8:00 am- Fair Bluff Saturday Market & Community Yard Sale

9:00 Fellowship

10:00 Game Day: Board & Table Games

11:00 Arts & Crafts: Weekly Wrap Up / Take Home Art Day

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming

2:00 FREE TIME

9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 Senior Project: "PWAP"/ Arts & Crafts: Intro Wreath

New Pole Installation

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Speaker: Col. Co. Partnership for Children – Presentation:

Strengthening Families w/Children

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Room

9:00 Fellowship

of Allegiance

9:00 Fellowship

of Allegiance

Room

9:00 Fellowship 10:00 Geri Fit - Recreation Room

11:00 GENTIVA **HOSTS: BINGO**

12:00 Lunch: Prayer & Pledge of Allegiance 12:30 Walking Club (Weather

Permits) or Cardio Drumming 2:00 Puzzles / Table Games

9:00 Fellowship 11:00 Senior Project: "PWAP"

Packing Up 12:00 Lunch Announcements:

Prayer & Pledge of Allegiance 1:00 Going to Families First to Deliver Purses *WEAR PURPLE*

9:00 Fellowship

10:00 Game Day: Board & Table Games

11:00 Arts & Crafts: Weekly Wrap Up / Take Home Art Day 12:00 Lunch: Prayer & Pledge of

Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 FREE TIME

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Room

Making

of Allegiance

Week Review

2:00 Puzzles / Table Games **WATERMELON WEEK** 9:00 Fellowship / Upcoming

Week Review 10:00 Geri Fit - Recreation

Room 11:00 Arts & Crafts:

Watermelon Themed 12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

Senior Day Trip 🕲

9:00 Meet-up at FBSC 9:30 Van leaves 10:00 Clothes Bin then Mercantile on Madison 12:00 Lunch- Dales at LKW 1:30 Shopping Cont. (optional) 4:00 Arriving back to FBSC

WEAR YOUR FBSC TSHIRTS

10:00 Bible Study Session:

Lesson w/ Music & Singing

12:00 Lunch: Prayer & Pledge

12:30 Walking Club (Weather

Permits) or Cardio Drumming

2:00 Puzzles / Table Games

11:00 Arts & Crafts:

Watermelon Themed

9:00 Fellowship

of Allegiance

WATERMELON WEEK

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

10:00 Geri Fit - Recreation

12:00 Lunch: Prayer & Pledge

12:30 Walking Club (Weather

Permits) or Cardio Drumming

2:00 Puzzles / Table Games

11:00 Arts & Crafts:

Watermelon Themed

WATERMELON WEE

10:00 Geri Fit - Recreation

12:00 Lunch: Prayer & Pledge

WATERMELON WEEK 9:00 Fellowship 10:00 Arts & Crafts:

Working on "FBSC

Float"

12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games WATERMELON WEEK

9:00 Fellowship 9:30 CATCH UP FRIDAY /

Take Home Art Day 10:00 Arts & Crafts:

Working on "FBSC Float" 12:00 Lunch: Prayer & Pledge of

Allegiance 12:30 Walking Club (Weather Permits)

or Cardio Drumming

2:00 Puzzles / Table Games

7:00 A Fair Bluff Reunion vith "Pizazz" Band

9:00 Fellowship / Upcoming Week Review

10:00 Geri Fit - Recreation Room 11:00 Arts & Crafts: Intro

Jewelry Making 12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

9:00 Fellowship 10:00 Bible Study Session: Lesson w/ Music & Singing 11:00 Arts & Crafts: Introducing Wreath Making 12:00 Lunch: Prayer & Pledge

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games

of Allegiance

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9:00 Fellowship 10:00 Geri Fit - Recreation

Room 11:00 Arts & Crafts: Continue 12:00 Lunch: Prayer & Pledge of Allegiance

12:30 Walking Club (Weather Permits) or Cardio Drumming 2:00 Puzzles / Table Games 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

(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

ED, WHITE, BLUE WEEK

★ Monday July 1st ★ Wednesday July 3rd ear your patriotic clothes or

colors these days

Calendar is subject to change

WATERMELON WEEK July 22nd - July 26th

Wear your Watermelon themed clothes/colors every day! Make sure you have your "Fair Bluff Senior Center" Shirt to wear on Saturday July 27th, for the parade!

JULY 2024 | FAIR BLUFF SENIOR CENTER MONTHLY NEWSLETTER



Community Events

🗓 <u>First Saturday Market</u> & <u>Community Yard Sale</u> | Saturday, July 6th, 2024

🗓 <u>A Fair Bluff Reunion with "Pizazz"</u> | Friday, July 26th, 2024

②Live Music: 7:00 pm | ♣ Location: Riverside Drive

Tair Bluff Watermelon Festival | Saturday, July 27th, 2024

🕝 Fair Bluff Rotary Club Duck Race: 2:30 pm | 🧣 Location: Riverside Drive



Join Us as FBSC rides, for the very first time, in the Fair Bluff Watermelon Festival Parade on our very own

"Fair Bluff Senior Center" Float!

When: Saturday, July 27th, 2024

Float Loading Location: FBSC

(685 Academy Street Fair Bluff, NC 28439)

Time: 11:00 am

Riders bring at least (1) bag of candy.

*If you ordered a FBSC's T-Shirt please wear that or your watermelon themed clothes ©

*Deadline to register as a float rider: **July 19**th

Col. Co. Partnership for Children will be speaking at our center on **July 9th, 2024 at 12:30 in the Cafeteria**. Topic:

Strengthening Families w/ Children

BINGO

Hosted by Gentiva
Wednesday, July 10th, 2024
11:00 A.M.

*Spoiler Alert: Everyone wins a prize!

FBSC Day Trip | Cost: \$5.00 Tuesday, July 16th, 2024

Trip to Clothes Bin & Mercantile on Madison both in Whiteville for shopping, followed by lunch at Dale's Seafood at Lake Waccamaw, and then additional shopping (optional)

Limited Seating Available

"Purses with a Purpose"

Currently <u>still collecting</u> personal hygiene items, nonperishable food, etc., <u>until July 15th (for this</u> Purses collected & packed are for the wonlend in/around Columbus County affected by domestic violence & homelessness.

Please see Summer for more information.

Thursday, July 18th, 2024

We will be delivering the purses from our monthlong Senior: "Purses with a Purpose", to Families First, INC in Whiteville.

If you would like to join us for this special event, please let me know ASAP.

We will transport by DOA Van. *Limited Seating Available*



"What does FBSC even have to offer?"

Exercise Room, Walking Club, Cardio Drumming, Geri Fit, Bingo, Sewing, Crocheting, Bible Study, **Tech Savvy Class (Beginning in August)**, Community Volunteer Projects, Arts & Crafts, Movie Days, Jewelry Making, Wreath Making, Computer Access, Gardening, Cozy Reading Library, Game Table, Genuine Fellowship & so, so much more!

Come check us out! ©



CENTER HOURS:

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

LUNCH: M - F | 12:00 PM

EXERCISE ROOM: $M-F\mid 8:30-5:00PM$ (Exercise equipment can be used with a note from your doctor.)

Contributions are appreciated.

