

WHITEVILLE SENIOR CENTER JULY 2024




Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Games 11:30am Lunch 12:00pm Chair Volleyball</p>	<p>2 7:30 am-3:30pm Exercise Rm. 10:30am Pictionary & Games 11:30am Lunch 12:30pm Computer Class</p>	<p>3 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit 11:30am Lunch 12:00 pm Fellowship 1:00pm Karaoke</p>	<p>4 CLOSED </p>	<p>5 <i>7:30am-3:30pm Exercise Rm</i> 10:30am Cardio Drumming 11:30am Lunch 12:00pm Chair Volleyball</p>
<p>8 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Crafts 11:30am Lunch 12:00 Chair Volleyball</p>	<p>9 7:30am-3:30pm Exercise Rm. 10:30am Trivia 11:30am Lunch 12:00pm Cardio Drumming 12:30pm Computer Class</p> <p>Incontinence Supplies 12-1:30pm</p>	<p>10 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit 11:30am Lunch 12:00pm Fellowship</p>	<p>11 7:30am-3:30pm Exercise Rm 10:30am Bingo With Brittany 😊 11:30am Lunch</p> 	<p>12 7:30am-3:30pm Exercise Rm 10:30am TV Time & Games 11:30am Lunch 1:00pm Karaoke</p>
<p>15 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Games 11:30am Lunch</p> 	<p>16 7:30am-3:30pm Exercise Rm 10:30am Adult Mental Health Specialty Speaker 11:30am Lunch 12:30pm Computer Class</p> <p>Guest Speaker 10:30-11:30am</p>	<p>17 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Crafts 11:30 am Lunch 12:00pm Fellowship 1:00 pm Karaoke</p> <p>Trip</p>	<p>18 7:30am-3:30pm Exercise Rm. 10:30am Bingo 11:30am Lunch</p>	<p>19 7:30am-3:30pm Exercise Rm 10:30am TV Time & Board Games 11:30am Lunch</p> <p>Christmas In July</p>
<p>22 7:30am-3:30pm Exercise Rm 10:30am Geri-fit & Crafts 11:30am Lunch 12:30pm Chair Volleyball</p>	<p>23 7:30am-3:30pm Exercise Rm 10:30am Trivia & Games 11:30am Lunch 12:30pm Computer Class</p>	<p>24 7:30am-3:30pm Exercise Rm. 10:30am Geri-fit 11:30am Lunch 12:00pm Fellowship</p>	<p>25 7:30am-3:30pm Exercise Rm. 10:30am Bingo With Germaine 😊 11:30 Lunch 12:00pm Auction/Raffle</p> <p>Senior Banquet 4-6pm</p>	<p>26 7:30am-3:30pm Exercise Rm 10:30am TV Time & Crafts 11:30am Lunch 1:00pm Karaoke</p> <p>Trip</p>
<p>29 7:30am-3:30pm Exercise Rm 10:30am Geri-Fit & Games 11:30 Lunch 12:00pm Chair Volleyball</p>	<p>30 7:30am-3:30pm Exercise Rm 10:30am Pictionary & Crafts 11:30am Lunch 12:00pm Cardio Drumming 12:30pm Computer Class</p>	<p>31 7:30-3:30pm Exercise Rm 10:30am Geri-Fit 11:30am Lunch 12:30pm Praising Puppets</p> <p>Praising Puppets</p>	<p>Calendar Subject To Change At Anytime!</p>	<p>CHECK US OUT ON FACEBOOK!</p> <p>Columbus County Department Of Aging 😊</p>

WHITEVILLE SENIOR CENTER JULY NEWSLETTER

JULY

PLEASE TELL YOUR FRIENDS & FAMILY ABOUT THE SENIOR CENTER SO THEY CAN COME OUT AND JOIN US!!!!

☺ HAPPY BIRTHDAY TO OUR JULY PEOPLE ☺

Contributions are greatly appreciated

CLOSED JULY 4, 2024 HAPPY INDEPENDENCE DAY

* COMPUTER CLASSES IS EVERY TUESDAY 12:30 – 2:30 PM

* **INCONTINENCE SUPPLIES TUESDAY JULY 9, 2024 12-1:30 PM**

***GERIATRIC ADULT MENTAL HEALTH SPECIALTY TEAM
TUESDAY JULY 16, 2024 10:30-11:30 AM**

☺ **CHRISTMAS IN JULY FRIDAY 19, 2024 AT 1:00-3:00 PM** ☺

* **SENIOR BANQUET THURSDAY JULY 25, 2024 4:00-6:00 PM** *

* **PRAISING PUPPETS WEDNESDAY JULY 31, 2024 12:30-1:00 PM**

☺ **WE HAVE CHAIR VOLLEYBALL AN CARDIO DRUMMING** ☺

**IF INTERESTED IN THE TRIP TO BILTMORE ESTATE IN ASHEVILLE, NC
CONTACT A COORDINATOR AT ONE OF OUR SITES ☺**

**Whiteville Senior Center
827 Washington Street
Whiteville, NC 28472
910-640-6602**

