

WHITEVILLE SENIOR CENTER OCTOBER 2024

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|--|---|---|---|
|  <p>Calendar Subject To Change At Anytime!</p> | <p>1 7:30am-3:30pm Exercise Rm 10:30am Crafts 11:30am Lunch 12:30pm Computer Class</p> | <p>2 7:30am-3:30pm Exercise Rm 10:30am Geri-Fit 11:30am Lunch 12:00pm Fellowship</p> | <p>3 7:30am-3:30pm Exercise Rm 10:30 am Bingo 11:30am Lunch</p> | <p>4 7:30am-3:30pm Exercise Rm 10:30am Cardio Drumming 11:30am Lunch 12:00pm Chair Volleyball</p> |
| <p>7 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Crafts 11:30am Lunch 12:00pm Chair Volleyball</p> | <p>8 7:30am-3:30pm Exercise Rm. 10:30am Pictionary & Trivia 11:30am Lunch 12:30 pm Computer Class</p> | <p>9 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit 11:30am Lunch 12:00pm Fellowship</p> | <p>10 7:30am-3:30pm Exercise Rm 10:30am Bingo With Brittany 😊 11:30am Lunch</p>  | <p>11 7:30am-3:30pm Exercise Rm 10:30am TV Time & Games 11:30am Lunch</p> <p>SENIOR DAY AT FAIR</p> |
| <p>14 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit & Games 11:30am Lunch</p> | <p>15 7:30am-3:30pm Exercise Rm 10:30am Adult Mental Health Specialty Speaker 11:30am Lunch 12:30pm Computer Class</p> | <p>16 7:30am-3:30pm Exercise Rm. 10:30am Geri-Fit 11:30 am Lunch 12:00pm Fellowship</p> | <p>17 7:30am-3:30pm Exercise Rm. 10:30am Bingo 11:30am Lunch</p> | <p>18 7:30am-3:30pm Exercise Rm 10:30am TV Time & Board Games 11:30am Lunch</p> <p>Trip</p> |
| <p>21 7:30am-3:30pm Exercise Rm 10:30am Geri-fit & Crafts 11:30am Lunch 12:30pm Chair Volleyball</p> | <p>22 7:30am-3:30pm Exercise Rm 10:30am Cardio Drumming 11:30am Lunch 12:30pm Computer Class</p> | <p>23 7:30am-3:30pm Exercise Rm. 10:30am Geri-fit 11:30am Lunch 12:00pm Fellowship</p> | <p>24 7:30am-3:30pm Exercise Rm. 10:30am Bingo With Germaine 😊 11:30 Lunch 12:00pm Auction/Raffle</p> <p>Trip</p> | <p>25 7:30am-3:30pm Exercise Rm 10:30am TV Time & Crafts 11:30am Lunch</p> |
| <p>28 7:30am-3:30pm Exercise Rm 10:30am Geri-Fit & Games 11:30 Lunch 12:00pm Chair Volleyball</p> | <p>29 7:30am-3:30pm Exercise Rm 10:30am Pictionary & Crafts 11:30am Lunch 12:00pm Cardio Drumming 12:30pm Computer Class</p> | <p>30 7:30am-3:30pm Exercise Rm 10:30am Geri-Fit 11:30 Lunch 12:00pm Fellowship</p> | <p>31 7:30am-3:30pm Exercise Rm 10:30 Bingo 11:30 Lunch</p> | <p>CHECK US OUT ON FACEBOOK !</p> <p>COLUMBUS COUNTY DEPARTMENT OF AGING ☺</p> |

WHITEVILLE SENIOR CENTER OCTOBER NEWSLETTER



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

☺ HAPPY BIRTHDAY TO OUR OCTOBER PEOPLE ☺

Contributions are greatly appreciated

SENIOR DAY AT FAIR IS FRIDAY OCTOBER 11, 2024 1:00-4:00 PM

**JULIE FOSTER GERIATRIC ADULT MENTAL HEALTH SPECIALTY TEAM
TUESDAY OCTOBER 15, 2024 10:30-11:30 AM**

☺ **COMPUTER CLASS EVERY TUESDAY 12:30-2:30 PM** ☺

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

**IF INTERESTED IN TRIP TO OPRY AT MYRTLE BEACH, SC ON DECEMBER 10-12
2024 CONTACT A COORDINATOR AT ONE OF OUR SITES ☺**

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

