
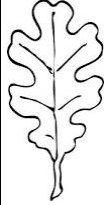






Morning Activities for September 2019

September is National Senior Center Month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 	2 Senior Center Closed in Honor of Labor Day!	3 7:30-Walking Club 9:30-Walking Aerobics 10:00-Arts & Crafts 11:00-Bocce 11:30-Presentation: Extra Help & Medicare Savings Programs-How to Apply	4 9:00-Medicine Ball Exer. 10:00-Bingocize! 11:00-Bible Study 11:00-Corn Hole 11:30-Presentation: First Citizens on Wells Fargo Closing-what to do now?	5 7:30-Walking Club 9:30-Walking Aerobics 10:00-Beginners Tai Chi 11:00-Pool Match 11:00-Shuffleboard	6 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-Bingo	7 
8 <i>Happy Grand Parents Day!</i>	9 10:00-Arthritis Exercise 11:00-Jewelry Making 11:30-Tell me About the Good Old Days.....	10 7:30-Walking Club 9:30-Walking Aerobics 10:00-Arts & Crafts 11:00-Bocce	11 10:00-12:00-Falls Prevention Awareness Bingo & Falls Prevention Screenings: ENC Falls Prevention Coalition 11:00-Bible Study	12 7:30-Walking Club 9:30-Walking Aerobics 10:00-Beginners Tai Chi 10:30-Local Shopping Trip 11:00-Pool Match 11:00-Shuffleboard 11:00-Presentation: Services through Legal Aid of NC	13 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-Bingo 11:30-Presentation: State Employees Credit Union on Wells Fargo Closing-what to do now?	14
15	16 8:00-Advocacy Event-Older American's Act Reauthorization-Breakfast 10:00-Arthritis Exercise 11:00-Jewelry Making 11:30-The Good Old Days	17 7:30-Walking Club 9:30-Walking Aerobics 10:00-Arts & Crafts 10:00-Aging Planning Committee Meeting 11:00-Bocce	18 9:00-Medicine Ball Exer. 10:00-Bingocize! 11:00-Bible Study 11:00-Corn Hole	19 7:30-Walking Club 9:30-Walking Aerobics 10:00-Beginners Tai Chi 11:00-Pool/Shuffleboard 11:00-Nutrition Workshop-Cream Cheese Fruit Dip-NC Cooperative Extension	20 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-Bingo	21
22	23 1st Day of Fall 10:00-Arthritis Exercise 11:00-Jewelry Making 11:00-Workshop on Suicide Prevention & Intervention-GAST Team 11:30-The Good Old Days	24 7:30-Walking Club 9:30-Walking Aerobics 10:00-Arts & Crafts 11:00-Bocce	25 9:00-Medicine Ball Exer. 10:00-Bingocize! 10:30-Blood Pressure/ Blood Sugar ✓ GCHC 11:00-Bible Study 11:00-Corn Hole	26 7:30-Walking Club 9:30-Walking Aerobics 10:00-Beginners Tai Chi 10:30-Local Shopping Trip 11:00-Pool Match 11:00-Shuffleboard	27 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-Bingo 11:00-Family Caregiver Support Group Luncheon	28
29 	30 10:00-Arthritis Exercise 11:00-Jewelry Making 11:30-The Good Old Days 12:00-Special Meal for Senior Center Month *Birthday Celebration	Activities, Menu, Newsletter, & volunteer opportunities online at greencountync.gov . Click on Departments, then Senior Services. *Free Wireless Internet (Ask us about the access code)	Walk In Activities: Puzzles, Cards, Board Games, Pool Tables, Books, exercise equipment, Crosswords, Horseshoes, Lap Top Computer/ Tablet, Shuffleboard, Word Search, Adult Level Coloring Books	Suggestion Box outside Office door-Suggestions carefully reviewed by Advisory Board *Free Local Shopping Trips Thursdays Sept. 12th & 26th at 10:30-rides by Greene County Trans.	*One-Stop Early Voting Schedule: Special Election Dates: Sept. 3, 4, 5, 6 from 8am to 5pm. Rides from Senior Center to the Elections Board Office available if you need one-ask a staff member.	



Afternoon Activities for September 2019



Promoting the Health, Well-Being, and Quality of Life for ALL Senior Citizens!

Activities, Menu, & Online Newsletter at www.greenecountync.gov-Click on Departments, then Senior Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Senior Center Closed Labor Day!	3 1:00-Crochet Class 2:00-Exercise <i>Orientation-New Members</i>	4 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	5 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	6 2:00-Fundraiser Work Session-Wreath Sale *Recreation room closes at 3pm	7 
8 	9 1:00-Afternoon at the Movies-snack included 6:30-Advanced Line Dancing Class	10 1:00-Crochet Class 2:00-Exercise <i>Orientation-New Members</i> 2:00-4:00: <i>Senior Trip to Spice Bouquet Kinston, NC Cooking Demonstration</i>	11 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	12 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	13 2:00-Fundraiser Work Session-Wreath Sale *Recreation room closes at 3pm	14
15	16 1:00-Afternoon at the Movies-snack included 6:30-Advanced Line Dancing Class	17 1:00-Crochet Class 2:00-Exercise <i>Orientation-New Members</i>	18 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild 3:30-Senior Center Advisory Committee Meeting	19 1:00-Vision Loss Support Group 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	20 2:00-Fundraiser Work Session-Wreath Sale *Recreation room closes at 3pm	21 
22 	23 1:00-Afternoon at the Movies-snack included 6:30-Advanced Line Dancing Class	24 1:00-Crochet Class 2:00-Exercise <i>Orientation-New Members</i>	25 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	26 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	27 2:00-Fundraiser Work Session-Wreath Sale *Recreation room closes at 3pm	28
29	30 1:00-Afternoon at the Movies-snack included 6:30-Advanced Line Dancing Class	 Help starts here. Free information Service on just about Everything!	Partner of  LENOIR/GREENE	Copy of latest Financial Report & Audit available upon request in Office or online at www.greenecountync.gov Copy of current Senior Budget available in office	 Greene County Senior Center & Services	