

Activities for January 2019-Morning Activities

Several changes have been made to the Activity Calendar, please review carefully

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	Activities, Menu, Newsletter, & volunteer opportunities online at greencountync.gov . Click on Departments, then Senior Services. Suggestion Box outside Office door	1 Senior Center Closed for New Year's Day!	2 9:00-Medicine Ball Work Out 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	3 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts	4 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-BINGO	5
6	7 10:00-Arthritis Exercise 11:00-Jewelry Making	8 7:30-Walking Club 9:30-Walking Aerobics 11:00-Educational Jingo	9 9:00-Medicine Ball Work Out 10:30-GCHC- Blood Sugar & Pressure Check 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	10 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts	11 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-BINGO	12 
13 	14 10:00-Arthritis Exercise 11:00-Jewelry Making	15 7:30-Walking Club 9:30-Walking Aerobics 10:00-Aging Planning Committee Meeting 11:00-Educational Jingo	16 9:00-Medicine Ball Work Out 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	17 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts	18 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes  11:00-BINGO Hat Day Competition!	19
20	21 Senior Center Closed in Honor of Martin Luther King Day	22 7:30-Walking Club 9:30-Walking Aerobics 11:00-Educational Jingo	23 9:00-Medicine Ball Work Out 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	24 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts	25 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 11:00-BINGO 11:00-Family Caregiver Support Group Meeting	26 
27 	28 10:00-Arthritis Exercise 11:00-Jewelry Making	29 7:30-Walking Club 9:30-Walking Aerobics 11:00-Educational Jingo	30 9:00-Medicine Ball Work Out 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	31 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts	Copy of latest Financial Report & Audit available upon request in Office or online at www.greencountync.gov Copy of current Senior Budget available in office	

Walk In Activities: Puzzles, Cards, Board Games, Pool Table, Books, Exercise Equipment, Horseshoes, Lap Top Computer/Tablet, Shuffleboard