



# OCTOBER



Due to COVID-19 classes, events and program hours may have changed.  
All classes, events and programs must be registered for prior to attending.

## MONDAY

- 8:00-5:00 Senior Center Hall Walking
- 8:00-9:00 Coffee/Social Hour
- 8:00-4:30 Exercise Equipment
- 8:00-5:00 Billiards
- 8:00-5:00 Computer Lab
- 9:00-9:30 BP&Weight 1st & 3rd Mon
- 8:15-9:15 Aerobics
- 9:00 Dominos
- 9:00-11:00 TOPS
- 9:30-10:15 STIX Fitness
- 9:15-10:15 Bible Club
- 10:30-12:00 Wii/Cornhole
- 10:30-11:15 Chair Exercise
- 11:00-1:00 Red Hats Society 3rd Mon \*
- 11:45 Lunch Main Site\*

## TUESDAY

- 8:00-5:00 Senior Center Hall Walking
- 8:00-9:00 Coffee/Social Hour
- 9:00-11:00 Diabetic Support Group
- 8:00-4:30 Exercise Equipment
- 8:00-5:00 Billiards
- 8:00-2:00 Computer Lab SHIP (2nd & 4th Tues)
- 2:00-5:00 Computer Lab
- 8:15-9:15 Smooth Moves
- 9:15-11:00 Senior Craft Day 2nd Tues.
- 8:30-12:00 Piano 1\*
- 9:00 Card Games
- 9:00-11:30 Plastic Mat Making
- 9:30-10:30 Tai Chi\*
- 9:30-12 Art/Craft Class\*
- 11:45 Lunch Main Site\*
- 12:00-4:00 Table Games (Cards)
- 1:00-4:00 Wood Carving
- 1:00-4:00 Art Club
- 2:00 Alzheimer's Support Group 2nd Tuesday
- 2:00 Parkinson's Support Group 2nd Tuesday
- 3:30-4:30 Wii/ Cornhole

## WEDNESDAY

- 8:00-5:00 Senior Center Hall Walking
- 8:00-9:00 Coffee/Social Hour
- 8:00-4:30 Exercise Equipment
- 8:00-5:00 Billiards
- 8:00-5:00 Computer Lab
- 8:15-9:15 Aerobics
- 9:00 Dominos
- 9:00-11:00 Knitting
- 9:15-10:15 Bible Club
- 10:30-12:00 Wii/Cornhole
- 9:30-10:15 STIX Fitness
- 10:30-11:15 Chair Exercise
- 11:45 Lunch Main Site\*
- 2:00-4:00 Camera Club 1st & 3rd Wed.
- 1:00-3:00 Plastic Canvas
- 1:00-4:00 China Painting



## THURSDAY

8:00-5:00 Senior Center Hall Walking  
 8:00-9:00 Coffee/Social Hour  
 8:00-4:30 Exercise Equipment  
 8:00-5:00 Billiards  
 8:00-5:00 Computer Lab  
 8:15-9:15 Smooth Moves  
 8:30-12:00 Piano\* 2  
 9:00 Card Games  
 9:30-10:30 The Writing Hour  
 9:30-10:30 Tai Chi\*  
 10:45-11:45 Wii/Cornhole  
 10:00-12:00 Line Dancing Club  
 10:00-1:00 Quilting Club/Fiber Options  
 12:00-4:00 Table Games  
 11:45 Lunch Main Site\*  
 1:00-3:00 Crocheting  
 5:30 TOPS

## FRIDAY

8:00-5:00 Senior Center Hall Walking  
 8:00-9:00 Coffee/Social Hour  
 8:00-4:30 Exercise Equipment  
 8:00-5:00 Billiards  
 8:00-2:00 SHIIP Computer Lab  
 8:15-9:15 Aerobics  
 9:30-10:15 STIX Fitness  
 10:30-11:15 Chair Exercise  
 11:45 Lunch Main Site\*  
 2:00-3:30 Sunshine Singers  
 8:00-5:00 Wii/Cornhole



**SHIIP**  
 SENIORS' HEALTH INSURANCE  
 INFORMATION PROGRAM

If you have questions about Medicare and would like to talk one on one to a counselor from SHIIP, call 910-455-2747.

Open Enrollment is Oct 15-Dec 7, 2020

SHIIP counselors are available at the Senior Center, by appointment only.

### Onslow County Consolidated Human Services

#### Agency Mission:

Delivering supportive, social, economic, protective, and health services that build better lives for individuals and

**\*Pre-registration paperwork is required for this activity  
 Must be 60+ to participate at the senior center.**



## COVID-19 Update

As ready as staff members are to see the building active once again, safety is still of utmost concern. North Carolina has entered into Phase 3.

In the meantime, staff have been busy making the building meet the requirements to have seniors back in the building. New easy to sanitize chairs have been purchased and will gradually replace all of the cloth chairs that were hard to sanitize. The hallways have had a fresh coat of paint that has really helped brighten the building for everyone to enjoy.

All rooms have been measured with chairs and tables being appropriately placed to allow for social distancing once the building is opened. Masks must be worn. Senior Services is ready to serve the public in person once again! If you have questions about our reopening plans or safety concerns, staff is available by phone or email.



## HALLOWEEN

October 30, 2020 9:00 - 11:00

We will Trick or Treat to you!

Due to COVID-19 we have had to change our plans this year. We still want everyone to be able to participate in Trick or Treat, so stay in your seat and we will come to you!

*Happy Halloween*

