



**Onslow County Senior Services  
Senior Center of Excellence**

**MONDAY**

- 7:30-5:00 PM Hall Walking
- 8-9:00 AM Coffee/Social Hour 241
- 7:30-4:30 PM Exercise Equipment 221
- 8-5 PM Billiards 246
- 8-5 PM Computer Lab 203
- 8-15:9:15 Aerobics 212
- 9-11 TOPS 202, 204
- 9:30-10:15 STIX Fitness 212 Resumes 6/2019
- 9:15-10:15 Bible Club 245
- 10:30-11:15 Chair Exercise 212
- 11:45 Lunch Main Site 241\*
- 2:30-3:00 Daycare Exercise 206
- 3:30-4:30 Wii/Cornhole 212

**ADDITIONAL MONDAY ACTIVITIES**

- 11-1—Red Hats April 15 Rooms 1,2
- 12-4 PM Tax Preparation-204-April 1,8
- 12- 5PM Red Hats Workshop 204 April 22

**Living Healthy with Diabetes Class**

Every Thursday 9:30-11:30 AM

May 2—June 6, 2019

**Registration Required**

**Call 910-455-2747**



**APRIL 2019**

**TUESDAY**

- 7:30-5:00 PM Hall Walking
- 8-9:00 AM Coffee/Social Hour 241
- 7:30-4:30 PM Exercise Equipment 221
- 8-5 PM Billiards 246
- 8-5 PM Computer Lab 203
- 8:15-9:15 Smooth Moves 212 Resumes 6/2019
- 8:30-12 Piano 1 219**  
**Registration Required**
- 9:00 Dominos 201
- 9-11:00 Diabetic Support Group 202
- 9-12 SHIP 203 (2nd & 4th Tuesday)
- 9:30-10:30 Tai Chi 212**  
**Registration Required**
- 9:30-12:00 Art/Craft Class 204**  
**Registration Required**
- 10:45-11:45 Wii/ Cornhole 212
- 12-4 Table Games 201
- 11:45 Lunch Main Site 241\*
- 1-4 Wood Carving 204
- 12-3:30 Art Club 202
- 3:30-4:30 Wii/ Cornhole 212

**ADDITIONAL TUESDAY ACTIVITIES**

- 9-11:30 Blood Pressure/Weight— April 9,23  
9:15 Mystery Craft MPR 3 April 9
- 2:00 Alzheimer's Support Group 219— April 8
- 2:00 Parkinson's Support Group— April 8

**Onslow County Consolidated Human Services**

**Mission Statement**

Onslow County Consolidated Human Services Agency delivers supportive social, economic, protective and health services that build better lives for individuals and families.

**WEDNESDAY**

- 7:30-5:00 PM Hall Walking
- 8-9:00 AM Coffee/Social Hour 241
- 7:30-4:30 PM Exercise Equipment 221
- 8-5 PM Billiards 246
- 8-5 PM Computer Lab 203
- 8:15-9:15 Aerobics 212
- 9:00 Dominos 201
- 9-11 Knitting 202
- 9:15-10:15 Bible Club 245
- 9:30-10:15 STIX Fitness 212 Resumes 6/2019
- 10:30-11:15 Chair Exercise 212
- 11:45 Lunch Main Site 241\*
- 1-3 Plastic Canvas 202
- 1-4 China Painting 204
- 2:30-3:00 Daycare Exercise 206
- 3:30-4:30 Wii/ Cornhole 212

**ADDITIONAL WEDNESDAY ACTIVITIES**

- 9-11:30 Crafter's Guild 204—April 3,17
- 2:30-4:30 Camera Club 219—April 3,17



## THURSDAY

7:30-5:00 PM Hall Walking  
 8-9:00 AM Coffee/Social Hour 241  
 7:30-4:30 PM Exercise Equipment 221  
 8-5 PM Billiards 246  
 8-5 PM Computer Lab 203  
 8:15-9:15 Smooth Moves 212 Resumes 6/2019  
**8:30-12 Piano 2 219**  
**Registration Required**  
 9:00 Dominos 201  
**9:30-10:30 Tai Chi 212**  
**Registration Required**  
 10:45-12:00 Line Dancing Club 212  
 10-1 Quilting Club/Fiber Options 202  
 12-4 Table Games 201  
 11:45 Lunch Main Site 241\*  
 1-3 Crocheting 204  
 3:30-4:30 Wii/Cornhole 212

### ADDITIONAL THURSDAY ACTIVITIES

8:30 AM-12:00 –204- Tax Preparation April 4,11

### Dementia Live Tour

April 4, 2019—Tours 9:00 AM-2:00 PM  
 4024 Richlands Hwy, Jacksonville, NC  
 Set up your experience  
 Call Lisa Mobley at 910-989-3017

## FRIDAY

7:30-5:00 PM Hall Walking  
 8-9:00 AM Coffee/Social Hour 241  
 7:30-4:30 PM Exercise Equipment 221  
 8-5 PM Billiards 246  
 8-5 PM Computer Lab 203  
 8:15-9:15 Aerobics 212  
 9:30-10:15 STIX Fitness 212  
 Resumes 6/2019  
 10-11:30 Bingo #1,#2,#3  
 10:30-11:15 Chair Exercise 212  
 11:45 Lunch Main Site 241\*  
**2-4 (After Class) Practice Tai-Chi 212**  
**(Registered Class Members Only)**  
 2-3:30 Sunshine Singers 219  
 3:30-4:30 Wii/Cornhole 212

### ADDITIONAL FRIDAY ACTIVITIES

### Arts/Craft & Piano 1 & 2 Classes

Spring classes end April 16 and 18.

Summer classes begin April 30 and May 2

Registration for these classes takes place at that time. Registration required.

## Onslow County Senior Games

### Silver Arts 2019

Onslow County Parks and Recreation, Senior Services,  
& Jacksonville Recreation and Park Presents:

### Senior Games

Deadline to Register: March 25, 2019.  
Must be 50 by December 31, 2019

April 6th 9:00am Opening Ceremony– Onslow Pines Park  
 9:30am Games Begin  
 April 11th Onslow Pines Park Shuffleboard 10:00am and 6pm  
 \$5.00 Registration Fee per Participant. Some events have additional fees.

### Silver Arts

**Silver Arts Showcase– Performing Arts, Visual Arts,  
 Literary Arts & Heritage Arts**  
 For more information call Shelly Ashley at 910-455-2747.

### Onslow County Senior Games Banquet

featuring Silver Arts Showcase  
Saturday, May 11th 4:00pm - \$5.00 per person

### 2018 AARP FREE TAX-WISE ASSISTANCE

Finals Days—April 1,4,8,11

Monday 12:00 Noon—4:00 PM - Thursday 8:30 AM—12:00 Noon

PLEASE BRING THE FOLLOWING WITH YOU:

Original Social Security Statement you received in January 2018  
 or Social Security Statement showing 2018 benefits received  
 Interest Statement and other income received in 2018  
 Copy of last year's returns

NOTE: AARP Tax-Wise helps low income and moderate income taxpayers, with special attention to those 60 & older.

\*UNDER 60 \$5.00 \*\* To be in an evidence based class, you have to be registered for that class.