



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
 9:15-10:15 Bible Club 245
 10:30-11:15 Chair Exercise 212
 11:45 Lunch Main Site 241*
 3:30-4:30 Wii/Cornhole 245

ADDITIONAL MONDAY ACTIVITIES



Friends of Aging Fundraiser

Inside

Saturday – October 5, 2019

8:00 AM – 12:00 PM

**Onslow County Senior Services
(Next to Farmer's Market)**

Information call: 910-989-3008



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
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)
 9:00-11:30 Plastic Mat Making 245
9:30-10:30 Tai Chi 212 (Registration Required)
9:30-12 Art/Craft Class 204 (Registration Required)
 10:45-11:45 Wii/ Cornhole 212
 12-4 Table Games 201
 11:45 Lunch Main Site 241*
 1:00-4:00 Wood Carving 204
 12:00-4:00 Art Club 245

ADDITIONAL TUESDAY ACTIVITIES

9-11:30 Blood Pressure/Weight—October 8,22
 9:15 Senior Craft Day October 8
 2:00 Alzheimer's Support Group 219— October 8
 2:00 Parkinson's Support Group— October 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
 10:30-11:15 Chair Exercise 212
 11:45 Lunch Main Site 241*
 1-3 Plastic Canvas 202
 1-4 China Painting 204
 3:30-4:30 Wii/ Cornhole 245

ADDITIONAL WEDNESDAY ACTIVITIES

9-11:30 Crafter's Guild 204—Oct. 2,16
 2:30-4:30 Camera Club 245—Oct. 2,16

ONSLow COUNTY FAIR

Oct. 14th—Oct. 19th, 2019

Fair Opens 4:00 PM Tuesday October 15th

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

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
8:30-12 Piano 2 219 (Registration Required)
9:00 Dominos 201
9:30-10:30 "The Writing Hour" 245
9:30-10:30 Tai Chi 212 (Registration Required)
10:45-11:45 Wii/Cornhole 245
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
5:30 TOPS 202,204

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
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 245



AARP Driver Safety

Driver Safety Class

This one-day driver refresher classroom course helps drivers redefine existing driving skills and develop safe, defensive driving techniques.

4-Hour Class—Cost \$15 AARP Member
\$20 Non-Member

Seating is limited to the first 15 people

Onslow County Senior Services
4024 Richlands Hwy.
Jacksonville, NC

October 16, 2019 --10:00 AM -2:00PM

Instructor: Mr. Jim Leggett

Call 910-989-3008 to register



Inside
Onslow County Senior Services
4024 Richlands Hwy, Jacksonville, N. C.
November 16 8:00-12 Noon

Come shop with our talented crafters for one of a kind items. Knitting, Crocheting, Wreaths, Weaving, Quilting, Ornaments, Dolls, Oil Painting, Jewelry, Button Art, Painted Gourds, Signs, Flower Arrangements, Hanging Baskets, Decorations and so much more. **Doors open at 8:00 AM**

SUITE A TREAT

October 31, 2019 9:00AM-11:45AM

Calling Seniors 55 and Older

Come and Enjoy the Fun

Onslow County Senior Services

4024 Richlands Hwy.

Jacksonville, N.C.



Flu Shot Clinics

We are presently working on setting up our Flu Shot Clinics. When dates and time are established we will make them available.

Thank you for your interest.

Meet YOUR Senior Tar Heel Legislature

Alternate Delegate

Marge Zima

October 18, 2019

11:30 AM

Onslow County Senior Services
4024 Richlands Hwy.
Jacksonville, N.C.