

SEPTEMBER 2022

MONDAY

7:30-5:00 Senior Center Hall Walking
8:00-9:00 Coffee/Social Hour
8:00-4:30 Equipment Room
8:00-5:00 Game Room (Billiards, Puzzle & Games)
8:00-5:00 Computer Room
8:15-9:15 Aerobics (Fitness Rm)
9:15-10:00 BP & Wt. (1st & 3rd Monday in Fitness Rm)
10:15-11:30 Pop-up event (Activity Rm)
9:15-10:15 Bible Study (Activity Rm)
10:30-11:30 Wii/Cornhole
10:30-11:15 Chair Exercise (Fitness Rm)
11:30 Lunch *
2:00 Parkinson's Support Group (2nd Monday)
2:00-4:30 Wii/ Cornhole



TUESDAY

7:30-5:00 Senior Center Hall Walking
8:00-9:00 Coffee/Social Hour
8:00-4:30 Equipment Room
8:00-5:00 Game Room (Billiards, Puzzle, & Games)
8:00-5:00 Computer Room
8:30-12:00 Piano 1* (On Hold)
9:00-11:30 Stitching Group
(Knitting/Crocheting, Plastic Canvas/Plastic Mats in Arts & Crafts Rm)
9:00-11:00 Diabetic Support Group (2nd Tuesday)
9:00-11:15 Yahtzee (4th Tuesday)
9:00-9:45 STIX Fitness (Fitness Rm)
10:15-11:30 Pop-up event (Fitness Room)
10:00-11:00 Book Club (1st & 3rd Tuesday in Activity Rm)
11:30 Lunch *
12:30-4:00 Canvas Painting (Activity Rm)
12:00-3:00 Wood Carving (Arts & Crafts Rm)
2:00 Alzheimer's Support Group (2nd Tuesday)
3:30-4:30 Wii/ Cornhole



OPERATION FAN/HEAT RELIEF
Onslow County residents, 60 and older, have the opportunity to receive a fan due to a home situation where a threat to health and well being exists. Those in need of a fan to help stay cool can call 910-455-2747.

WEDNESDAY

7:30-5:00 Senior Center Hall Walking
8:00-9:00 Coffee/Social Hour
8:00-4:30 Equipment Room
8:00-5:00 Game Room (Billiards, Puzzle, & Games)
8:00-5:00 Computer Room
8:15-9:15 Aerobics (Fitness Rm)
9:00-11:00 Senior Crafts
(1st & 3rd Wednesday in Arts & Crafts Rm)
9:15-10:15 Bible Study (Activity Rm)
10:15-11:30 Pop-up event (Activity Rm)
10:30-11:30 Wii/ Cornhole
10:30-11:15 Chair Exercise (Fitness Rm)
11:30 Lunch *
1:00-3:00 Stitching Group
(Knitting/Crocheting, Plastic Canvas/Plastic Mats in Arts & Craft Rm)
2:30-4:00 Camera Club (1st & 3rd Wednesday)

(*) Registration is required for all marked classes/activities.



SENIOR HILLBILLY HOEDOWN DANCE

September 23, 2022
4024 RICHLANDS HWY
5:30 PM—8:00 PM
55 & OLDER
For Ticket Information Contact
Glenda White @ {910-989-3013}
Ticket price \$10.00 {Cash only}

THURSDAY

7:30-5:00 Senior Center Hall Walking
 8:00-9:00 Coffee/Social Hour
 8:00-4:30 Equipment Room
 8:00-5:00 Game Room (Billiards, Puzzle & Games)
 8:00-5:00 Computer Room
 8:30-12:00 Piano 2* (On Hold)
 9:00-9:45 STIX Fitness (Fitness Rm)
 9:30-10:30 The Writing Hour (Activity Rm)
 10:00-11:30 Line Dancing (Fitness Rm)
 10:00-1:00 Fiber Options/Quilting (Arts & Crafts Rm)
 10:00-11:00 BINGOcize*
 11:30 Lunch*
 1:00-4:00 Crochet Group (Arts & Crafts Rm)
 3:30-4:30 Wii/ Cornhole (Activity Rm)

FRIDAY

7:30-5:00 Senior Center Hall Walking
 8:00-9:00 Coffee/Social Hour
 8:00-4:30 Equipment Room
 8:00-5:00 Game Room (Billiards, Puzzle & Games)
 8:00-4:30 Wii/Cornhole (Activity Rm)
 8:15-9:15 Aerobics (Fitness Rm)
 10:00-11:30 Bingo
 10:30-11:15 Chair Exercise (Fitness Rm)
 11:30 Lunch*
 2:00-4:00 Sunshine Singers

Medicare Open Enrollment Questions? SHIIP can help!

SHIIP is Senior's Health Insurance Information Program

Open Enrollment:
 October 15th—December 7th

Make an appointment in person or by phone, call 910-455-2747



Annual Medicare Update Seminar
 SHIIP NC DEPARTMENT OF INSURANCE
 September 28, 2022
 10:30am - 11:15am

Senior Center Month

We are very excited for the additional activities we have planned. We invite you all to come and celebrate Senior Center Month with us!

- September 6—Intro to BINGOcize (10:00—10:45)
- September 9—Celebrating Grandparents Day (Bingo)
- September 13—Wii Bowling Tournament (10:30-11:30) -Activity Room
- September 14—Flashback Trivia (9:30-10:30) Room 3
- September 20—Musical Chairs (10:30am—11:15am) -Fitness Room
- September 21—Movie (9:15) Room 3
- September 22—Medicine Drop Presentation (9:30-10:00am)
- September 23—Fall Prevention Day (9:30am—10:00am)
 Presentation by Lisa Mobley—OCSS Trainer -MPR 1,2,3
- September 27—Name that Tune (9:30-10:30)
- September 28—Annual SHIIP Seminar (10:30am—11:15am)
 Presentation by Stephanie Bias —SHIIP Representative -MPR 1,2,3
- September 30—Disaster Preparedness
 Speaker (9:30-10:00) - MPR 1,2,3



September 9th 2022 @ 10:am

Crisis Intervention Program (CIP)
 The CIP program aids low-income families who are experiencing or in danger of experiencing a heating or cooling-related emergency which could lead to a life-threatening or health-related emergency. CIP funding is available July 1, 2022 until Jun 30, 2023, or until funds are exhausted. CIP application is available online at <https://epass.nc.gov>. Completed applications can be mailed, faxed or dropped off at the Consolidated Human Services (CHS) Office. Call 910-455-4145 for more information.

Do you need assistance paying your water bill? Low-Income Household Water Assistance Program can help!
 LIHWAP runs through September 2023 or until the funds are exhausted. Please call Onslow County Social Services at 910-455-4145 for more information on how to apply.

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

Onslow County Senior Services Vision Statement:
 Onslow County Senior Services commits to serving older adults through programs designed to enhance their ability to remain independent, preserve their right to self-determination and maintain their social, emotional and physical well-being.