



**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 -May 20 Picnic  
(Not meeting at Senior Services)



**FARMERS' Market 2019**

Saturdays - 4024 Richlands Hwy.  
Jacksonville, N. C. 8:30-1:30

Tuesdays—New Bridge St./ College St. Across  
from Onslow Consolidated Health Service Bldg.  
9:30-1:30

**Older Americans Month**

**MAY 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 SHIIP 203 (1st & 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— May 14,28
- 9:15 Mystery Craft MPR 3 May 14
- 2:00 Alzheimer's Support Group 219— May 14
- 2:00 Parkinson's Support Group— May 14

**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—May 1,15
- 2:30-4:30 Camera Club 219—May 1,15

**Chick-Fil-A Bingo**

March 13, 2019 8:30-10:00  
Western Blvd. Location

**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**

**Arts/Craft & Piano 1 & 2 Classes**  
 Summer classes begin April 30 and May 2  
 Registration for these classes takes place at that time. Registration required.

**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**

**Living Healthy with Diabetes Class**  
 Every Thursday 9:30-11:30 AM  
 May 2—June 6, 2019  
**Registration Required**  
**Call 910-455-2747**

**Onslow County Senior Games**

**Silver Arts 2019**

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

**Onslow County Senior Games Banquet**

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



**CONNECT, CREATE, CONTRIBUTE MAY 2019**

May 8 –	Bingo Scavenger Hunt	MPR 3	9:30-11:00
May 9 –	Cornhole Competition	Activity Room	9:30-11:00
May 14-	Mystery Craft Day	MPR 3	9:30-11:30
May 15 –	Jewelry Design Class	MPR 3	9:30-11:30
May 21 –	Deputy John Ricker Presentation	MPR 3	9:30-10:30
May 23 –	Antique Trivia	MPR 3	9:30-11:00
May 24 –	Ice Cream Social	MPR 1,2,3	9:30-11:30
May 28-	Movie Day	MPR 2	9:30-11:30
May 29 –	Elder Abuse Awareness Walk & Event	MPR 1, 2	9:30-11:30

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