

## OCSS Closed July 4th

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  
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—July 15 MPR 1,2

### A VIRGINIA CHRISTMAS

December 2-4, 2019 3 days/2 nights  
\$419.00 per person,  
Optional Insurance \$51.00  
\$100.00 deposit per person  
Final payment due October 18, 2019

Sign-Up for this trip begins July 29, 2019

## July 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  
**8:30-12 Piano 1 219**  
**(Resumes August 20, 2019) Registration Required**  
9:00 Dominos 201  
9-11:00 Diabetic Support Group 202  
9-12 SHIP 203 (2nd & 4th Tuesday)  
9:30-10:30 Recycling for Others  
Plastic Bag Mats 245  
**9:30-10:30 Tai Chi 212 (Registration Required)**  
**9:30-12:00 Art/Craft Class 204**  
**(Resumes August 20, 2019) Registration Required**  
10:45-11:45 Wii/ Cornhole 212  
12-4 Table Games 201  
11:45 Lunch Main Site 241\*  
1-4 Wood Carving 245  
12-3:30 Art Club 204  
3:30-4:30 Wii/Cornhole 212

#### ADDITIONAL TUESDAY ACTIVITIES

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

### 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 212

#### ADDITIONAL WEDNESDAY ACTIVITIES

9-11:30 Crafter's Guild 204—July 3,17  
2:30-4:30 Camera Club 245—July 3,17

### Chick-Fil-A Bingo

July 8, 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  
**8:30-12 Piano 2 219**  
**(Resumes August 22, 2019) Registration Required**  
9:00 Dominos 201  
9:30-10:30 The Writing Hour 245  
**9:30-10:30 Tai Chi 212**  
**Registration Required**  
10:45-12:00 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

## 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 212

### **POWERFUL TOOLS FOR CAREGIVERS**

**Beginning July 9th - Every Tuesday for 6 Weeks**

**9:00-11:00—Registration Required**

### **Dealing With Hearing Loss**



**North Carolina  
Services for the Deaf and the  
Hard of Hearing**

**Appointment is Required**

**Call 1-800-205-9915**

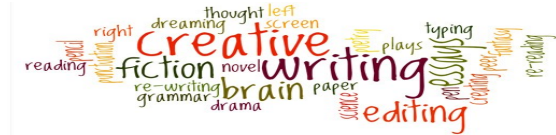
### **Onslow County Senior Services**

**4024 Richlands Hwy, Jacksonville, N.C. 28540**

### **WANTED**

### **SENIORS 55 AND OLDER**

### **Love to Write???**



### **Want to learn to Write???**

**Come join Linda O'Donnell  
During "The Writing Hour"**

**Thursday Mornings**

**9:30-10:30**

**at**

**Onslow County Senior Services**

Call 910-455-2747 for more information

Pre-Registration Not Required

### **Recycling for Others- Plastic Bag Mats**



Interested in learning to make a craft that can make an impact in our community?

**July 2nd** begins our **Recycling for Others** group which will meet on

**Tuesdays from 9:30am- 10:30am.**

**At Onslow County Senior Services.**

For more information call 910-455-2747.

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