


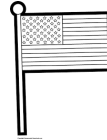




Activities for July 2018-Morning Activities

Liberty is the breath of life to nations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	2 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	3 9:30-Walking Club 10:00-Arthritis Exercise 11:00-Educational Jingo Ice-Cream Sundae Party after lunch 	4  Senior Center Closed!	5 9:30-Walking Club 10:30-Medicine Ball 11:00-Shuffleboard 11:00-Pool Match	6 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 10:00-Arts & Crafts	7
8 	9 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	10 9:30-Walking Club 10:00-Arthritis Exercise 11:00-Educational Jingo	11 10:00-Bingo 11:00-Devotional 11:00-Corn Hole 11:30-Blood Pressure Check-Greene County Health Care	12 9:30-Walking Club 10:30-Medicine Ball 11:00-Shuffleboard 11:00-Pool Match 11:00-Stress Management Workshop-Greene County Health Care	13 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 10:00-Arts & Crafts	14
15	16 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	17 9:30-Walking Club 10:00-Aging Planning Committee Meeting 10:00-Arthritis Exercise 11:00-Educational Jingo	18 10:00-Bingo 11:00-Devotional 11:00-Corn Hole 11:30-Blood Pressure Check-Greene County Health Care	19 9:30-Walking Club 10:30-Medicine Ball 11:00-Shuffleboard 11:00-Pool Match 11:30-Nutrition Workshop Watermelon Kabobs- NC Cooperative Extension	20 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 10:00-Arts & Crafts 11:00-Family Caregivers Support Group/Lunch	21 
22 	23 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	24 9:30-Walking Club 10:00-Arthritis Exercise 11:00-Educational Jingo	25 10:00-Bingo 11:00-Devotional 11:00-Corn Hole	26 9:30-Walking Club 10:30-Medicine Ball 11:00-Shuffleboard 11:00-Pool Match	27 10:00-Slim/Fit Weight Loss Support Group 10:00-Horseshoes 10:00-Arts & Crafts 11:30-Food Safety for Older Adults-Shenile Ford Cooperative Extension	28
29	30 10:00-Arthritis Exercise 11:00-Jewelry Making 11:45-Show & Tell	31 9:30-Walking Club 10:00-Arthritis Exercise 11:00-Educational Jingo *Birthday Celebration	Suggestion Box located outside Office Door. Activities, Menu, Online Newsletter, & volunteer opportunities at greencountync.gov Click on Departments, then Senior Services	Copy of Current Budget available in Business Office. Copy of latest Financial Report & Audit Available upon request in Office, also online Greene County Web Page under Finances.	Walk In Activities: Puzzles, Cards, Board Games, Pool Table, Books, Exercise Equipment, Wii, Tablets, Newspapers, Word Search.	



Activities for July 2018-Afternoon Activities



Promoting the Health, Well-Being, and Quality of Life for ALL Senior Citizens!

Activities, Menu, & Online Newsletter at www.greencountync.gov-Click on Departments, then Senior Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 	2 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	3 1:00-Crochet Class 2:00-Exercise Orientation for New Members	4  Senior Center Closed	5 3:30-Advanced Tai Chi	6 *Recreation room closes at 3:00 Fridays	7 
8	9 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	10 1:00-Crochet Class 2:00-Exercise Orientation for New Members	11 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	12 3:30-Advanced Tai Chi	13 *Recreation room closes at 3:00 Fridays	14
15 	16 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	17 1:00-Crochet Class 2:00-Exercise Orientation for New Members	18 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild 3:30-Senior Center Advisory Board Meeting	19 3:30-Advanced Tai Chi	20 *Recreation room closes at 3:00 Fridays	21 
22	23 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line	24 1:00-Crochet Class 2:00-Exercise Orientation for New Members 5:30-Single Mingle	25 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	26 1:00-Vision Loss Support Group 3:30-Advanced Tai Chi	27 *Recreation room closes at 3:00 Fridays	28
29 	30 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	31 1:00-Crochet Class 2:00-Exercise Orientation for New Members	A Partner of   LENOIR/GREENE	Free Information Service on just about everything DIAL  Help starts here.	 Greene County Senior Center & Services	