







# Activities for October 2017-Morning Activities

October is Breast Cancer Awareness Month!

15th Annual Duplin/Greene/Wayne County Alz NC Walk-Sat. Oct. 28th-Goldsboro



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
 <p><b>1</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match</p>	<p><b>2</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match</p>	<p><b>3</b> 9:30-Walking Club 10:00-Tai Chi 11:00-Educational Jingo 11:00-Blood Pressure ✓</p>	<p><b>4</b> 10:00-Bingo 11:00-Devotional 11:00-Corn Hole State Finals Corn Hole</p>	<p><b>5</b> 9:30-Walking Club 10:00-Shuffleboard 11:00-Pool Match</p>	<p><b>6</b> 10:00-Arts &amp; Crafts 10:00-TOPS Support Group 10:30-Flu Shots-Greene Co Dept. of Public Health 11:45-Show &amp; Tell</p>	<p><b>7</b></p>
<p><b>8</b> <b>National Fire Prevention Week!</b></p>	<p><b>9</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match 11:30-Fire Safety Workshop</p>	<p><b>10</b> 9:30-Walking Club 10:00-Tai Chi 11:00-Educational Jingo <b>SHRED A THON-Free &amp; Opened to the Public from 11:00-1:00</b></p>	<p><b>11</b> 10:00-Bingo 11:00-Devotional 11:00-Corn Hole <b>11:00-Hot Dog Sale Alzheimer NC-Combo Meal-\$6 Ensure Pick Up Day (Clients Enrolled in the Program only)</b></p>	<p><b>12</b> 9:30-Walking Club 10:00-Shuffleboard 10:30-Medicine Ball Work Out Exercise 11:00-Pool Match <b>11:00-GAST Workshop -Anxiety</b></p>	<p><b>13</b> 10:00-Arts &amp; Crafts 10:00-TOPS Support Group 11:45-Show &amp; Tell</p>	<p><b>14</b> </p>
<p><b>15</b> <b>1st Day of Open Enrollment for 2018 Medicare Part D Plans</b></p>	<p><b>16</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match</p>	<p><b>17</b> 9:30-Walking Club 10:00-Chair Exercise 11:00-Educational Jingo <b>STATE FAIR SENIOR DAY-TRIP COST \$10 PER PERSON TO RESERVE YOUR SEAT ON OUR MOTORCOACH</b></p>	<p><b>18</b> 10:00-Bingo 11:00-Devotional 11:00-Corn Hole 11:30-Breast Cancer Awareness Presentation <b>Wear Pink Day for Breast Cancer Awareness!</b></p>	<p><b>19</b> 9:30-Walking Club 10:00-Shuffleboard 10:30-Medicine Ball Work Out Exercise 11:00-Pool Match <b>11:30-Nutrition Workshop-Pumpkins-Pumpkin Seed Trail Mix</b></p>	<p><b>20</b> 10:00-Arts &amp; Crafts 10:00-TOPS Support Group 11:45-Show &amp; Tell</p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match</p>	<p><b>24</b> 9:30-Walking Club 10:00-Tai Chi 11:00-Educational Jingo 11:00-Blood Pressure ✓</p>	<p><b>25</b> 10:00-Bingo 11:00-Devotional 11:00-Corn Hole</p>	<p><b>26</b> 9:30-Walking Club 10:00-Shuffleboard 10:30-Medicine Ball 11:00-Pool Match</p>	<p><b>27</b> 10:00-Arts &amp; Crafts 10:00-TOPS Support Group 11:45-Show &amp; Tell</p>	<p><b>28</b> <b>Alz. NC Memory Walk Goldsboro</b></p>
<p><b>29</b> </p>	<p><b>30</b> 10:00-Chair Exercise 11:00-Jewelry Making 11:00-Checkers Match <b>*Birthday Celebration!</b></p>	<p><b>31</b> 9:30-Walking Club 9:30-Adult Basic Ed 10:00-Tai Chi <b>11:00-Educational Jingo &amp; Carnival Games Halloween</b></p>	<p>Walk In Activities: Puzzles, Cards, Board Games, Pool Table, Lap Tops, Books, Exercise Equipment, Wii, Tablets, Newspapers, Word Search. Annual Financial Report and Current Budget in Business Office</p>	<p><b>*Healthy Aging &amp; Wellness Expo Thursday, Oct. 19th 9:00am-1:00pm-Greenville Convention Center-Open to the Public</b></p>	<p>Activities, Menu, Online Newsletter at <a href="http://www.greencountync.gov">www.greencountync.gov</a> Click on Departments, then Senior Services. Suggestion Box located outside Office Door. <b>*Activities are subject to change.</b></p>	<p></p>









# Activities for October 2017-Afternoon Activities



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

Activities, Menu, & Online Newsletter at [www.greencountync.gov](http://www.greencountync.gov)-Click on Departments, then Senior Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	2 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	3 1:00-Beginners Crochet Class 2:00-Exercise Orientation for New Members	4 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	5 1:00-Comfort Mats 1:30-Bridge Club 2:00-Passport to our International Neighbors-Tuscarora Nation 3:30-Tai	6 3:00-Zumba Gold Classes *Recreation room closes at 3:00 Fridays	7 
8  1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	9 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	10 1:00-Beginners Crochet Class 2:00-Exercise Orientation for New Members	11 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	12 1:00-Comfort Mats 1:30-Bridge Club 2:00-Passport to our International Neighbors-Latvia 3:30-Tai Chi	13 3:00-Zumba Gold Classes *Recreation room closes at 3:00 Fridays	14
15 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	16 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	17 1:00-Beginners Crochet Class 2:00-Exercise Orientation for New Members	18 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	19 1:00-Comfort Mats 1:30-Bridge Club 2:00-Passport to our International Neighbors-Lebanon 3:30-Tai Chi	20 3:00-Zumba Gold Classes *Recreation room closes at 3:00 Fridays	21 
22  1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	23 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	24 1:00-Beginners Crochet Class 2:00-Exercise Orientation for New Members 5:30-Single Mingle Singles Club Meeting	25 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	26 1:00-Comfort Mats 1:30-Bridge Club 3:30-Tai Chi	27 12:00-Family Caregiver Support Luncheon-(respond by Oct. 25th) 3:00-Zumba Gold *Recreation Room Closes at 3:00 Fridays	28
29 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	30 1:00-Wreath Class 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	31 1:00-Beginners Crochet Class 2:00-Exercise Orientation for New Members Halloween	 Find us on: <b>facebook.</b> Greene County Senior Center & Services	A Partner of   LENOIR/GREENE	DIAL  Help starts here. Free Information Services	