



JANUARY



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 Billiards
- 8:00-5:00 Computer Room
- 8:15-9:15 Aerobics
- 9:00-9:30 BP & Weight (1st & 3rd Monday)
- 9:30-10:30 Walk with Ease*
- 9:15-10:15 Bible Club
- 10:30-11:30 Wii/Cornhole
- 10:30-11:15 Chair Exercise
- 11:30 Lunch Main Site*

TUESDAY

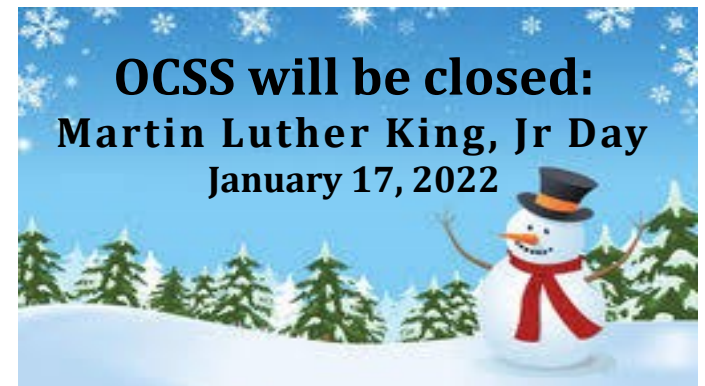
- 7:30-5:00 Senior Center Hall Walking
- 8:00-9:00 Coffee/Social Hour
- 8:00-4:30 Equipment Room
- 8:00-5:00 Billiards
- 8:00-5:00 Computer Room
- 8:30-12:00 Piano 1* (On Hold)
- 8:30-12:00 Arts & Crafts Class*
- 8:15-9:15 Tai Chi*
- 9:00 Cards
- 9:00-11:00 Recycling-Plastic Mats
- 9:00-11:00 Diabetic Support Group (2nd Tuesday)
- 9:15-10:00 STIX Fitness
- 10:00-11:00 Book Club (1st & 3rd Tuesday)*
(Resuming January 4)
- 11:30 Lunch Main Site*
- 12:30-4:00 Art Club
- 1:00-4:00 Wood Carving
- 2:00 Alzheimer's Support Group (2nd Tuesday)
- 2:00 Parkinson's Support Group (2nd Tuesday)

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 Billiards
- 8:00-5:00 Computer Room
- 8:15-9:15 Aerobics
- 9:00-4:00 China Painting (1st & 3rd Wednesday)
- 9:00-11:00 Learn to Knit/Crochet
- 9:15-10:15 Bible Club
- 9:30-10:30 Walk with Ease*
- 10:30-11:30 Wii/ Cornhole
- 10:30-11:15 Chair Exercise
- 11:30 Lunch Main Site*
- 1:00-3:00 Learn to Stitch Plastic Canvas
- 2:30-4:00 Camera Club (1st & 3rd Wednesday)



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



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 Billiards

8:00-5:00 Computer Room

8:30-12:00 Piano 2* (On Hold)

8:15-9:15 Tai Chi*

9:00 Dominoes

9:00-11:00 Senior Craft Hour (1st Thursday)
(Limited Seating)

9:15-10:00 STIX Fitness

9:30-10:30 The Writing Hour

10:00-11:30 Line Dancing

10:00-1:00 Fiber Options/Quilting

10:30-11:30 BINGOize*

11:30 Lunch Main Site*

12:00-4:00 Table Games

1:00-4:00 Crochet Club

3:30-4:30 Wii/ Cornhole

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 Billiards

8:00-4:30 Wii/Cornhole

8:15-9:15 Aerobics

9:30-10:30 Walk with Ease*

10:00-11:30 Bingo

10:30-11:15 Chair Exercise

11:30 Lunch Main Site*

2:00-4:00 Sunshine Singers



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

If you have questions about Medicare and would like to talk one on one to a counselor from SHIIP, call 910-455-2747 | www.ncshipp.com
SHIIP counselors are available at the Senior Center, by appointment only.

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.



February 7th—March 14th
9:00am - 11:00am
Classes are held every Monday
for 6 weeks
Call (910) 455-2747 to register



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

February 11th—April 1st
9:00am - 11:00am

Classes are held every Friday for 8 weeks
Call (910) 455-2747 to register



January 18th—March 24th
8:15am - 9:15am
Classes are held every Tuesday &
Thursday for 10 weeks
Call (910) 455-2747 to register



Walk with Ease
A program for
better living

January 24th—March 4th
9:30am - 10:30am
Classes are held every Monday,
Wednesday, & Friday for 6 weeks
Call (910) 455-2747 to register

2021-2022 FREE TAX ASSISTANCE



VITA of New Bern (Volunteer Income Tax Assistance)

Harrison Center—311 Middle Street New Bern, NC
Drop Off Appointments ONLY— Beginning February 7th,
appointments will be held every Monday & Tuesday from
9:00-3:00. Please call 252-637-4573 or visit
www.newbernvita.com for more information

AARP Tax-Aide: AARP will not be preparing taxes in Onslow
County for the 2021 tax season. AARP tax-aid will be available
in surrounding counties. Please visit AARP's site locator for
more information.

www.aarp.org/money/taxes/aarp_taxaide/locations.html