

JUNE 2022

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 Cards/Table Games
8:00-5:00 Dominoes
8:00-5:00 Computer Room
8:15-9:15 Aerobics (By Video)
9:00-9:30 BP & Weight (1st & 3rd Monday)
9:15-10:15 Bible Club
10:30-11:30 Wii/Cornhole
10:30-11:15 Chair Exercise (By Video)
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 Cards/Table Games
8:00-5:00 Dominoes
8:00-5:00 Computer Room
8:30-12:00 Piano 1* (On Hold)
8:30-12:00 Arts & Crafts Class*
9:00-11:00 Recycling-Plastic Mats
9:00-11:00 Diabetic Support Group (2nd Tuesday)
9:00-11:15 Yahtzee (4th Tuesday)
9:15-10:00 STIX Fitness
10:00-11:00 Book Club (1st & 3rd Tuesday)*
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)
3:30-4:30 Wii/ Cornhole

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

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 Cards/Table Games
8:00-5:00 Dominoes
8:00-5:00 Computer Room
8:15-9:15 Aerobics (By Video)
9:00-4:00 China Painting (2nd & 4th Wednesday)
9:00-11:00 Learn to Knit/Crochet
9:15-10:15 Bible Club
10:30-11:30 Wii/ Cornhole
10:30-11:15 Chair Exercise (By Video)
11:30 Lunch Main Site*
1:00-3:00 Learn to Stitch Plastic Canvas
2:30-4:00 Camera Club (1st & 3rd Wednesday)



OCSS will be closed for:

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Friday, June 17, 2022

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 Cards/Table Games
- 8:00-5:00 Dominoes
- 8:00-5:00 Computer Room
- 8:30-12:00 Piano 2* (On Hold)
- 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 BINGOcize*
- 11:30 Lunch Main Site*
- 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
- 8:00-5:00 Cards/Table Games
- 8:00-5:00 Dominoes
- 8:00-4:30 Wii/Cornhole
- 8:15-9:15 Aerobics (By Video)
- 10:00-11:30 Bingo
- 10:30-11:15 Chair Exercise (By Video)
- 11:30 Lunch Main Site*
- 2:00-4:00 Sunshine Singers



June 23—October 27, 2022

10:30am - 11:30am

Classes are held every Thursday
Call (910) 455-2747 to register



OPERATION FAN/HEAT RELIEF

Onslow County residents, 60 and older, have the opportunity to receive a fan due to a home situation where a threat to health and well being exists. Those in need of a fan to help stay cool can call 910-455-2747.

One Fan Per Household



Friday, May 17, 2022

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.

June 15th



Join Us to Walk Against Elder Abuse!

June 15, 2022 from 9:00am–11:00am

Please wear your **PURPLE** to show your support!

Guest speakers and resource tables will be available, following the walk



July 11—August 15, 2022

9:00am - 11:00am

Classes are held every Monday
for 6 weeks

Call (910) 455-2747 to register

SENIOR



FOR SENIORS 55 & OLDER

Friday, June 3, 2022 6:00PM - 8:00PM

Cost is \$10 person

**For Tickets, call Glenda White
910-989-3013**



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.