



DECEMBER 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 Game Room (Billiards, Puzzle & Games)
- 8:00-5:00 Computer Room
- 8:15-9:15 Aerobics (Fitness Rm)
- 9:15-10:00 BP & Wt. (1st & 3rd Monday in Fitness Rm)
- 10:15-11:30 Pop-up event (Activity Rm)
- 9:15-10:15 Bible Study (Activity Rm)
- 10:30-11:30 Wii/Cornhole
- 10:30-11:15 Chair Exercise (Fitness Rm)
- 11:30 Lunch *
- 2:00-4:30 Wii/ Cornhole

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 Game Room (Billiards, Puzzle, & Games)
- 8:00-5:00 Computer Room
- 8:30-12:00 Piano 1* (On Hold)
- 9:00-11:30 Stitching Group
(Knitting/Crocheting, Plastic Canvas/Plastic Mats in Arts & Crafts Rm)
- 9:00-10:00 Diabetic Support Group
(2nd Tuesday in Activity Rm)
- 9:00-11:15 Yahtzee (4th Tuesday)
- 9:00-9:45 STIX Fitness (Fitness Rm)
- 10:15-11:30 Pop-up event (Fitness Room)
- 10:00-11:00 Book Club *(1st & 3rd Tuesday in Activity Rm)
- 11:30 Lunch *
- 12:30-4:00 Canvas Painting (Activity Rm)
- 12:00-3:00 Wood Carving (Arts & Crafts Rm)
- 2:00 Alzheimer's Support Group (2nd Tuesday)
- 3:30-4:30 Wii/ Cornhole

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 Game Room (Billiards, Puzzle, & Games)
- 8:00-5:00 Computer Room
- 8:15-9:15 Aerobics (Fitness Rm)
- 9:00-11:00 Senior Crafts
(1st & 3rd Wednesday in Arts & Crafts Rm)
- 9:15-10:15 Bible Study (Activity Rm)
- 10:15-11:30 Pop-up event (Activity Rm)
- 10:30-11:30 Wii/ Cornhole
- 10:30-11:15 Chair Exercise (Fitness Rm)
- 11:30 Lunch *
- 12:00-1:00 Parkinson's Support Group (3rd Wednesday in Arts & Crafts Rm)
- 1:00-3:00 Stitching Group
(Knitting/Crocheting, Plastic Canvas/Plastic Mats in Arts & Craft Rm)
- 2:30-4:00 Camera Club (1st & 3rd Wednesday)

Senior Services Presents
Richlands High School
Band

Christmas Concert

Dec 7, 2022,
10:15am

Onslow County
Senior Services

Rooms 1, 2, & 3



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

**OCSS will be closed for:
Christmas Holiday
December 23-27, 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 Game Room (Billiards, Puzzle & Games)
8:00-5:00 Computer Room
8:30-12:00 Piano 2* (On Hold)
9:00-9:45 STIX Fitness (Fitness Rm)
9:30-10:30 The Writing Hour
(Arts & Crafts Rm)
10:00-11:30 Line Dancing (Fitness Rm)
10:00-1:00 Fiber Options/Quilting
(Activity Rm)
10:00-11:00 BINGOsize*
11:30 Lunch*
12:00-3:00 Wood Carving
(Arts & Crafts Rm)
1:00-4:00 Crochet Group
(Activity Rm)

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 Game Room (Billiards, Puzzle & Games)
8:00-4:30 Wii/Cornhole (Activity Rm)
8:15-9:15 Aerobics (Fitness Rm)
10:00-11:30 Bingo
10:30-11:15 Chair Exercise (Fitness Rm)
11:30 Lunch*
2:00-4:00 Sunshine Singers

Low-Income Energy Assistance Program

LIEAP is a federally-funded program that provides for a one-time payment to help eligible households pay their heating bills. Households including a person aged 60 or older, or an individual receiving disability benefits and services through the N.C. Division of Aging and Adult Services, are eligible to sign up for assistance from December 1-31, 2022. All other households may apply from January 1—March 31, 2023, or until funds are exhausted. Applications are received at Social Services.

For more information, call 910-219-4820



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.

Medicare Open Enrollment Questions?
SHIIP can help!

SHIIP is Senior's Health Insurance Information Program

Open Enrollment:
October 15th—December 7th

To make an appointment in person or by phone, please call
910-455-2747.



*Onslow County Senior Services
Christmas Celebration*

December 9, 2022 9:30am-11:30am

Join us for fun and entertainment!

Santa will be here! Optional pictures available by the Christmas Tree

Lunch will begin at 11:30am
(Registration is required)



Christmas Spirit Week

12/13/2022 - Christmas Movie

Starts at 9:15am in Room 1

12/14/2022 - Ugly Sweater Contest

Wear your ugly sweater

12/15/2022 - Christmas Hat Day

Wear your favorite Christmas hat

12/16/2022 - Christmas Plaid Day

Wear any Christmas plaid attire

COME JOIN US!

