



# JANUARY 2023



## MONDAY

8:00-5:00 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  
 8:15-9:00 Aerobics (Fitness Rm)  
 9:15-10:15 Walk With Ease\* (Room3)  
 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

8:00-5:00 Senior Center Hall Walking  
 8:00-9:00 Coffee/Social Hour  
 8:00-9:00 Tai Chi\* (Fitness Rm)  
 8:00-4:30 Equipment Room  
 8:00-5:00 Game Room (Billiards, Puzzle, & Games)  
 8:00-5:00 Computer Room  
 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)  
 9:15-10:00 STIX Fitness (Fitness Rm)  
 10:15-11:15 BINGOcize  
 10:00-11:00 Book Club \*(1st & 3rd Tuesday in Activity Rm)  
 11:00-11:30 BP & Wt. (1st Tuesday in Fitness 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 in Room 1)  
 3:30-4:30 Wii/ Cornhole

## WEDNESDAY

8:00-5:00 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  
 8:15-9:00 Aerobics (Fitness Rm)  
 9:00-11:00 Senior Crafts  
 (1st & 3rd Wednesday in Arts & Crafts Rm)  
 9:15-10:15 Bible Study (Activity Rm)  
 9:15-10:15 Walk With Ease\* (Room3)  
 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)



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



**OCSS will be closed**

**January 16, 2023**



## THURSDAY

8:00-5:00 Senior Center Hall Walking  
 8:00-9:00 Coffee/Social Hour  
 8:00-9:00 Tai Chi\* (Fitness Rm)  
 8:00-4:30 Equipment Room  
 8:00-5:00 Game Room (Billiards, Puzzle & Games)  
 8:00-5:00 Computer Room  
 9:15-10:00 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)  
 10:15-11:15 BINGOize\*  
 11:30 Lunch\*  
 12:00-3:00 Wood Carving  
 (Arts & Crafts Rm)  
 1:00-4:00 Crochet Group  
 (Activity Rm)

## FRIDAY

8:00-5:00 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)  
 8:15-9:00 Aerobics (Fitness Rm)  
 9:15-10:15 Walk With Ease\* (Room 3)  
 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.



**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.ncshiip.com](http://www.ncshiip.com)  
 SHIIP counselors are available at the Senior Center, by appointment only.



**January 23rd-February 27th**  
 9:00am - 11:00am

Classes are held every Monday  
 for 6 weeks in Room 3  
 Call (910) 455-2747 to register



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

**January 11th—February 22nd**  
 9:00am - 11:00am

Classes are held every Friday for 8 weeks in Room 3  
 Call (910) 455-2747 to register



**January 10th—March 14th**  
 8:00am - 9:00am  
 Classes are held every Tuesday &  
 Thursday for 10 weeks in the Fitness  
 Room

Call (910) 455-2747 to register



**Walk with Ease**  
 A program for  
 better living

**January 9th—February 17th**  
 9:15am - 10:15am  
 Classes are held every Monday,  
 Wednesday, & Friday for 6 weeks in  
 Room 3

Call (910) 455-2747 to register

**Valentine's Dance**  
 (55 & up)

**Friday, February 17, 2023**

**5:30pm - 8:00pm**

**Tickets \$10.00**

**See Glenda or call**

**910-989-3013**