

BULK RATE  
U.S. POSTAGE  
PAID  
EDENTON, NC  
PERMIT # 185

# \* CHOWAN SENIOR SCENE

CHOWAN SENIOR SCENE

• 204 EAST CHURCH STREET EDENTON, NC 27932 252-482-2242

JANUARY 2017

## RETURN SERVICE REQUESTED

### JANUARY WEEKLY ACTIVITIES

The Center will be operating out of Room 315 at COA campus until further notice. Our phone number remains the same.

**BINGO**— Every Tuesday we will play Bingo from 1:00 to 2:00 at COA, room 310 This is FREE.

**ARTHRITIS EXERCISE**—On Tuesdays and Thursdays from 10:15 to 11:00 we will have a class geared to arthritis problems. Cost is \$1.00 and the class will be held in Room 310 at COA.

**SENIOR BOWLING**—On Mondays we will leave the Center at 12:15, go to Albemarle Lanes, bowl and return by 3:30. Transportation is \$2.00.

**FITNESS CLASSES**—\$4/class or \$30/month  
Monday Bootcamp or Yoga—9:00

Pilates 5:30

Tuesday Step Interval 9:00  
Zumba Fitness & Tone 5:30

Wednesday Chilates 9:00  
Pilates 5:30

Thursday 20-20-20 Class 9:00  
Zumba Fitness & Tone 5:30

Friday Yoga 9:00

**BIRTHDAY CELEBRATION**—Come and join us as we celebrate January birthdays on Tuesday, January 3rd at 12:15.

**LINE DANCE CLASS**—Come join Jackson on Mondays and Fridays from 10:30 to 11:30 in Room 410 at COA.

**FUN SWIM**—Every Wednesday we will leave the COA at 12:15 for a Fun Swim at the YMCA swimming from 1:00 to 2:00 & return by 3:00. Cost is \$6.00 and **deadline is two days before.**

### JANUARY SPECIAL TRIPS & ACTIVITIES

**CLOSED CAPTIONS PRESENTATION & RAFFLE**—On January 5th at 12:00 Joel Casey will present this program and at the end he will draw a ticket for a prize.

**MONTHLY LUNCHEON**—On January 6th we will have a luncheon at the Culinary building at 12:00. We will serve Fried Chicken Breast, Green Beans, Potato Salad and dessert. Cost is \$3.00 and **the deadline is December 28th.**

**PAINT CLASS**—On January 11th from 10:30 to 12:30 Katrina Sage will teach a paint class and a drawing lesson at COA, room 310. All materials are supplied and the cost is \$12.00 in cash. The picture will be an African Scene **The deadline is January 4th.**

**SHOPPING TRIP**—On January 13th we will leave the Center at 8:30, go to Greenbrier Mall for shopping and lunch on your own and return by 4:00. The cost is \$6.00 and **the deadline is January 4th.**

**NC SENIOR TAR HEEL LEGISLATURE ADVOCACY EVENT**—On January 17th at 12:00 our Senior Tar Heel representative, Glorious Elliott, we be here at 12:00 to educate you about the program and have you share any issues you feel are important.

**QUAIL HUNTING TRIP**—On January 20th we will leave the Center at 8:30 and go on a morning quail hunt, have a dutch treat lunch and return by 2:00. Cost is \$40.00 and **the deadline is January 5th.**

“BETTER CHOICES” - Mary Morris, County Extension Director, will be at the Nutrition Site on January 24th at 12:00 to talk to you about “Shopping Smart on a Budget”.

**IPHONE CAMERA CLASS**—On 1/25 & 2/1 from 2:00 to 3:30 Mary will teach a class on how to use your Iphone Camera. Cost is \$45 and **the deadline is January 18th.**

**Chowan Senior Center is a North Carolina Certified Senior Center of Excellence enhancing the quality of life for senior adults.**

Sign up for Medicaid at COA, room 315 on January 18th.

**WOODCARVING CLASS**—On January 13th and 27th from 9:00 TO 12:00 we will have a class, COA, room 310.

**WALKING CLUB**—We meet at the D. F. Walker gym on Monday, Wednesday and Friday and walk from 10:00 to 12:00. Everyone walks on their own and at their own pace.

Grocery Shopping Assistance—January 12th and 26th at 11:30.

Monthly Medical Notes—January 10th -11:30.

Crossword Puzzle—January 17th—11:30

Birthday Quiz—January 5th—11:30

Trivia Plus January 19th—11:30

Word Search—January 31st—11:30

**QUARTERLY FIRE DRILL—JANUARY 12TH**

#### PERSONNEL:

Connie Parker  
Director

Margie Downing  
Nutrition Site Manager

Gina Smith  
Senior Ctr. Coordinator

Sharon Savage  
Receptionist