

BULK RATE
U.S. POSTAGE
PAID
EDENTON, NC
PERMIT # 135



CHOWAN SENIOR SCENE

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

OCTOBER 2020

RETURN SERVICE REQUESTED

OCTOBER WEEKLY ACTIVITIES

FITNESS ROOM—Our fitness room will open from 8:30 to 4:00. To keep social distancing we will use alternate machines.

Masks must be worn when entering the Center. Once you get to the class you are attending or the fitness room machine you are using you may take them off but must put them back on prior to leaving.

BINGO—On Tuesdays from 1:00 to 2:00—FREE

ARTHRITIS EXERCISE—On Tuesdays and Thursdays from 10:15 to 11:00 we will have a class geared to arthritis problems.

SENIOR BOWLING—Not resumed yet.

FITNESS CLASSES—\$4/class or \$30/month
Monday Total Body, Essentrics or Yoga—9:00

Pilates 5:30

Tuesday Step Interval 9:00
Zumba 5:30

Wednesday Chilates 9:00
Pilates 5:30

Thursday Your Choice Class 9:00
Zumba 5:30

Friday Yoga 9:00

LINE DANCE CLASS—On Mondays and Fridays, **10:30 to 11:30**. Number of participants will be limited. **NEW TIME**.

PIANO MUSIC—Not resumed yet.

WALKING CLUB—Monday thru Friday, 10:00 to 12:00 at the D.F. Walker gym. **The new time is 10 TO 12 and some days the gym will not be available—see calendar.**

COMPUTER USE—8:00 TO 4:00.

CORNHOLE—12:00 TO 4:00

TABLE TENNIS—12:00 TO 4:00

FUN SWIM—Not resumed yet.

BILLAIRDs—Not resumed yet.

OCTOBER SPECIAL TRIPS & ACTIVITIES

WOODCARVING CLASS—On every Friday the group will meet at the center from 9:00 to 12:00. Join the group or just come see the projects they are working on.

PAINT CLASS—On October 14th from 10:30 to 12:30 Katrina will teach this class. All materials are supplied and the cost is \$12.00 and **is due by October 7th.**

FITNESS CLASSES AND LINE DANCE CLASSES WILL BE LIMITED TO 25 PEOPLE AND WILL BE HELD IN THE DINING AREA.

ARTHRITIS EXERCISE WILL BE HELD IN THE SAME CLASSROOM AND LIMITED TO 25 PEOPLE.

WOOD CARVING WILL BE HELD IN THE ROOM WE TAUGHT FITNESS CLASSES AND TABLES WILL BE SPACED APART

CROCHET WILL BE HELD ON WEDNESDAYS FROM 9:00 TO 12:00 (EXCEPT FOR THE 2ND WEDNESDAY OF THE MONTH) IN THE AREA WE TAUGHT FITNESS CLASSES AND TABLES WILL BE SPACED APART.

OUTLET MALL SHOPPING TRIP—On October 22nd we will leave the Center at 9:30 and go to the Outlets in Norfolk for shopping and lunch on your own and return by 4:30. Cost is \$5.00 and **the deadline is October 14th. Masks must be worn on the van.**

HALLOWEEN COOKOUT—We will have a cookout on October 30th from 11:30 to 12:30 for pickup. We will have cheeseburgers, baked beans, chips, dessert and a Trick or Treat Goodie Bag. Cost is \$1.00 and **the deadline is October 19th.**

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

PERSONNEL:

Connie Parker
Director

Margie Downing
Nutrition Site Manager

Virginia Alexander
Senior Ctr. Coordinator

Sharon Savage
Receptionist