Hertford County Office of Aging

◄ June 2016 | **July 2016** | August 2016 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Fitness Center Hours **Winton M 8:30-9pm,Tues-Thurs 8:30-6:30 & Fri 8:30-5:00** **Ahoskie & M'boro M-F 9-5 pm** **Computer Lab M-TH 8:30 to 6:30** **Fri-closed for classes**				**1** AM/PM Quilting AM/PM Computer Classes Senior Breakfast Club Ahoskie UMC 9-10 Chair Exercise 10:30 (A)	**2**
3	**4** Chair Exercise 9:30-10 (W) **9-12 Drop in Games all Sites** **Bingo (M)Bingo (A)** **Computer Lab 8:30-6:30 (W)** Total Body & Cardio 5:30-6:00(W)	**5** Chair Exercise 9:00- (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio (M) 5:30-6	**6** Chair Exercise 9:00 (W) Chair Exercise 10:30 (A) DEEP 10-12 (W) Drop-in Games 9:30-12Ping-Pong 1-3 (W)Computer Lab Total Body & Cardio 5:30-6 (W)	**7** Chair Exercise 10:30-11 (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30-6 (W)	**8** AM/PM Quilting AM/PM Computer Classes Chair Exercise 10:30 (A)	**9**
10	**11** Chair Exercise 9:30-10 (W) **9-12 Drop in Games all Sites** **Bingo (M)Bingo (A)** **Computer Lab 8:30-6:30 (W)** Total Body & Cardio 5:30-6:00(W)	**12** Chair Exercise 9:00 (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio (M) 5:30-6	**13** Chair Exercise 9:00 (W) Chair Exercise 10:30 (A) DEEP 10-12 (W Drop-in Games 9:30-12Ping-Pong 1-3 (W)Computer Lab) Total Body & Cardio 5:30-6 (W)	**14** Chair Exercise 10:30-11 (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W) GRG to Beach Total Body & Cardio 5:30-6 (W)	**15** AM/PM Quilting AM/PM Computer Classes Chair Exercise 10:30 (A) NCASCC Hillsborough	**16**
17	**18** Chair Exercise 9:30-10 (W) **9-12 Drop in Games all Sites** **Bingo (M)Bingo (A)** **Computer Lab 8:30-6:30 (W)** **District 1-A Meeting in T'boro** Total Body & Cardio 5:30-6:00(W)	**19** Chair Exercise 9:00 (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio (M) 5:30-6	**20** Chair Exercise 9:00 (W) Chair Exercise 10:30 (A) DEEP 10-12 (W) Drop-in Games 9:30-12Ping-Pong 1-3 (W)Computer Lab) Total Body & Cardio 5:30-6 (W)	**21** Chair Exercise 10:30-11 (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W) Meet the Author 12:15 (M) Total Body & Cardio 5:30-6 (W)	**22** AM/PM Quilting AM/PM Computer Classes Chair Exercise 10:30 (A)	**23**
24	**25** Chair Exercise 9:30-10 (W) **9-12 Drop in Games all Sites** **Bingo (M)Bingo (A)** **Computer Lab 8:30-6:30 (W)** Total Body & Cardio 5:30-6:00(W)	**26** Chair Exercise 9:00 (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Total Body & Cardio (M) 5:30-6	**27** Chair Exercise 9:00 (W) Chair Exercise 10:30 (A) DEEP 10-12 (W) Drop-in Games 9:30-12Ping-Pong 1-3 (W)Computer Lab) Total Body & Cardio 5:30-6 (W)	**28** Chair Exercise 10:30-11 (M) 9:30 Painting (M) 10:30 Bingo (W)Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 (W) Total Body & Cardio 5:30-6 (W	**29** AM/PM Quilting AM/PM Computer Classes Chair Exercise 10:30 (A)	**30**
31	**Notes:**					