

JULY 2016 ACTIVITY SHEET

HERTFORD COUNTY OFFICE OF AGING

408 S. CAMP STREET

WINTON, NC

252.358.7856

HERTFORD COUNTY
OFFICE OF AGING
&
WINTON SENIOR
CENTER

408 S. CAMP STREET
WINTON, NC 27986

358.7856

Mondays 8:30-9:00
Tuesdays thru
Thursdays 8:30-6:30
Fridays 8:30 to 5:00

**Shauna Taylor-
Powell,**
Nutrition Site
Supervisor

Ahoskie Nutrition
Site

415 W. Holloman Rd

209.5389

Monday – Friday
9:30-1:30

Phyllis Harrell &
Lorraine Lassiter,
Nutrition Site
Supervisors

Murfreesboro
Nutrition Site

315 W. Main Street

398.5329

Monday-Friday
9:30-1:30

Ella Badham &
Cynthia Vaughan,
Nutrition Site
Supervisors



Myrtle Beach 3 day Trip Nov 15-17
for more information, please call
Hertford County Office of Aging –
Daphne Lee @ 358.7856



Spirit of Norfolk
Cruise

CAREGIVERS' SUPPORT GROUP

**When: 4th Tuesdays @11
a.m.**

**Where: Conference Room
@ RCC Health Center
FOR MORE
INFORMATION,
PLEASE CALL LAURA JETT,
FAMILY CAREGIVER
RESOURCE SPECIALIST
MID-EAST COMMISSION
252.974.1837**

Senior Breakfast Club

Ahoskie UMC
212 Church Street
Every 1st Friday
9 to 10 a.m.



FOR MORE INFO CALL 358.7856

**"Meet the Author" book reading with
Dr. Warren Eugene Milteer, Jr.,**

Hertford County North Carolina's Free People of Color and Their Descendants

Murfreesboro Nutrition Site July 21,
2016 @ 12:15

This event is free and open to the
public. Lunch is by reservation only by
Wednesday, June 20 @ 12:00. For
more information, please call the
Hertford County Office of Aging – Alicia
Mitchell @ 358.7856

DIABETES EDUCATION EMPOWERMENT PROGRAM

D.E.E.P. are on July 6,13,20,27
This class is free. Class size is limited

Please call 358.7856 for information

Unique holidays in July

- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for weddings
- National Cell Phone Courtesy Month

**District 1A Quarterly Meeting
Tarboro NC E.L. Roberson Center**

Exercise for the mind, body, and soul:



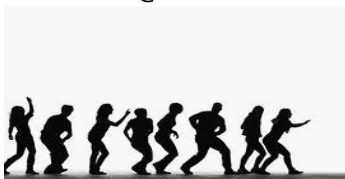
Total Body & Cardio

Winton: Mondays & Wednesdays @ 5:30
Murfreeboro: Tuesdays & Thursdays @ 5:30



Chair-Based Exercise

Winton: Mondays & Wednesdays @ 9:00
Ahoskie: Wednesdays & Fridays @ 10:30
Murfreeboro: Tuesdays and Thursdays @ 9:30



Line Dancing & Walking Away the Pounds

Winton: Tuesdays & Thursdays 5:15-6:30

FOR MORE INFORMATION ABOUT EXERCISE CLASSES, PLEASE CALL 358.7856

Mark Your Calendars for These Upcoming Events!

- July 4th - Closed Holiday
- GRG Annual Beach Trip July 14th
- Spirit of Norfolk
- "Meet the Author" Warren Eugene Milteer, Jr., *Hertford County North Carolina's Free People of Color and Their Descendants*. Murfreeboro Nutrition Site
- Thursday, July 21, 2016 @ 12:15, Please RSVP by Noon, July 20.
- Senior Breakfast Club, Friday, August 5, 2016 9 to 10 a.m.



FOR MORE INFORMATION CALL 358.7856



FITNESS CENTER HOURS:

WINTON SENIOR CENTER
MON – 8:30-9:00PM
TUES – THURS 8:30 to 6:30
FRI 8:30-5:00

AHOSKIE & MURFREESBORO NUTRITION SITES
MON-FRI 9:30-1:30

Get Connected, Stay Connected!

Winton Senior Center Computer Lab Hours: Monday – Thursday 8:30 to 6:30

Wi-Fi available! Bring your own device or use one of our desk tops!!!

Try Something New!!!!

Quilting: Winton Senior Center, Fridays 9-12 & 1-4

Just Brushin' Up Painters' Workshop: Murfreeboro Nutrition Site, Thursdays 9-12

Basket Weaving: Winton Senior Center, Wednesdays 9-12
Computer Classes: Winton Senior Center, Fridays 9-12 & 1-4 (call 358.7856 for details)

Crafts with Ella: Murfreeboro Nutrition Site call site for details

Drop-In Games: All sites 9:30 to 1:00

Bingo! Ahoskie and Murfreeboro Nutrition Sites

For more information on any of these classes or activities, please call the Hertford County Office of Aging @ 358.7856