

MAY 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

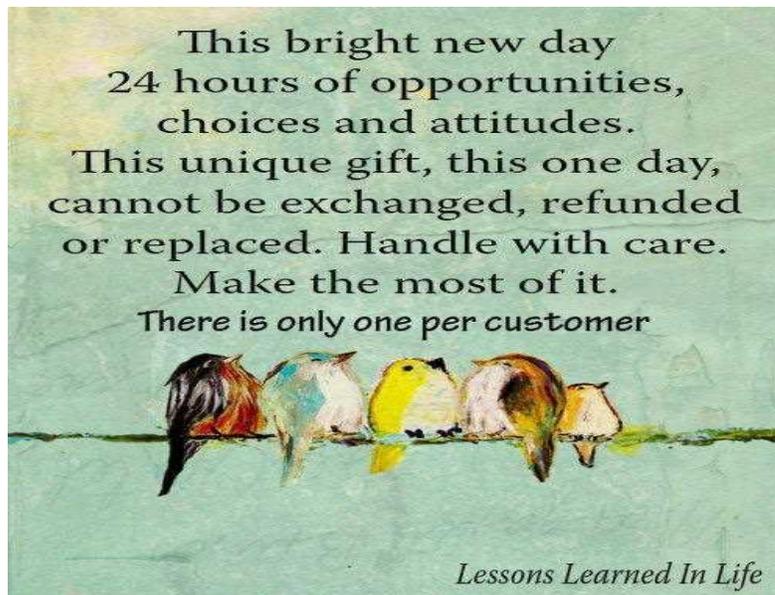
Murfreesboro
Nutrition Site

315 W. Main Street

398.5329

Monday-Friday
9:30-1:30

Ella Badham &
Cynthia Vaughan,
Nutrition Site
Supervisors



Senior Breakfast Club

Ahoskie UMC
212 Church Street

9 to 10 a.m.

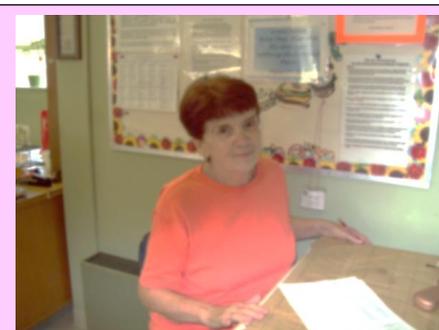


MAY BIRTHDAY TRIVIA:

1. What major league baseball player was named NL Rookie of the year in 1951?
Clue: Say it twice!
2. What famous author was born in Edinburgh, Scotland and wrote over 60 novels including a "Study in Scarlet"?
Clue: Call the doctor
3. Famous opera singer who said, "There are no shortcuts to any place worth going"?
Clue: Co-hosted the "View"



Home delivered meals
drivers needed!



**2016 Governor's Volunteer Service
Award Winner—
Congratulations, Carolyn Lassater!**



Ice Cream Social –May 16 @
5pm



Mark Your Calendars for These Upcoming Events!

- Fishing Trip—June 1
- Atlanta & Civil Rights Heritage Tour—June 8-10
- Marathon Bingo—June 15
- Spirit of Norfolk (more details in June!)
- Office of Aging and Nutrition Sites closed on May 30



For more information call 358.7856

Exercise for the mind, body, and soul:



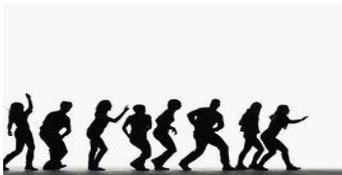
Total Body & Cardio

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



Chair-Based Exercise

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



Line Dancing & Walking Away the Pounds

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



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 Brusin' Up Painters' Workshop: Murfreesboro 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: Murfreesboro Nutrition Site, Fridays 10 -11:30
Drop-In Games: All sites 9:30 to 1:00
Bingo!: Ahoskie and Murfreesboro Nutrition Sites