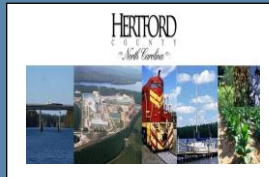


If you need information or assistance with Medicare, prescription assistance, family caregiver support, or in-home aide services, The Hertford County Office of Aging can help. We offer programs, information or referral to services for older adults and their families facing changing health needs and other age related issues.

**“Experts at Living Well”**

The Hertford County Office of Aging provides programs and services specifically designed for adults 60 years of age and older. Our mission is to promote the well-being and enhance the quality of life for all senior adults of Hertford County.



**HERTFORD COUNTY OFFICE OF AGING**  
252.358.7856 Fax 252.358.2683

Winton Senior Center  
408 S. Camp Street  
Murfreesboro Nutrition Site  
320 W. Main Street  
Ahoskie Nutrition Site  
415 E. Holloman Road



**The Hertford County**

**Office of Aging**



Ahoskie, Murfreesboro, & Winton  
252.358.7856 Fax 358.2683

## “A body in motion...”

**Did you know...** scientific evidence suggests that people who exercise regularly not only live longer, they live better.”

**And...**regular exercise may even be an effective treatment for certain chronic conditions such as arthritis, high blood pressure or diabetes and heart disease.

**Finally...**additional research indicates participating in activities such as regular exercise, reading, playing card games, and dancing may lower the risk for some health problems including dementia.

### Exercise for the mind, body, and soul:

- Continuing Education Classes, Computer Lab, Brain Fitness, Puzzles, Card Games, Bingo, Corn Hole, Wii games,
- Line Dancing, Morning Aerobic Classes, Walk Away the Pounds, Fitness Equipment, Ping-Pong, Matter of Balance and Chronic Disease Prevention Classes, Movie Day,
- Quilting, Basket Weaving, Senior Clubs, Day and Overnight Trips, Crafts, Painting Workshop, Sewing Club and more



### Other services offered:

- Day and Overnight trips
- Operation Fan Program
- Liquid Nutritional Supplement
- Senior Tar Heel Legislation updates
- Senior Clubs
- Fitness Rooms
- Computer Lab (Winton)
- Bingo
- Line Dancing (Winton & Murfreesboro)
- Evidenced Based Classes
- Heritage Arts (Winton)
- Movie Day (Winton)
- Grandparents Raising Grandchildren Support Group
- Heritage Arts
- Respite & In-Home Aide
- Congregate Lunch
- Home Delivered Meals
- General and Medical Transportation
- Morning & Evening Exercise classes (Winton)

**CONGREGATE  
AND  
HOME DELIVERED MEALS**

### More than a meal...

#### Congregate Lunch Program

Nutritious lunches are served Monday through Friday from 12:00 to 12:30 p.m., and are provided by Granville Catering. At the Hertford County Office of Aging, lunch is “**more than a meal**” with monthly presentations by community business and health professionals, games, and thematic parties. Lunch time is always an opportunity for education, socialization, and fun. Reservations must be made at least 24 hours in advance. The lunch program is funded by grants from federal, state, and local governments. There is no charge for people 60 and older, and for folks under 60, the cost is \$5 per meal. All meals meet daily nutritional requirements as prescribed by a registered dietician. Although there is no charge for the meals, contributions are important and help us to expand this program.

#### Home Delivered Meals

Home delivered meals are available for the homebound and restrictions apply. For more information, please call the Hertford County Office of Aging for more information.

**Hertford County Office of Aging  
252.358.7856**