

# The Hertford County Office of Aging Activity Calendar

## October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8:30 Health & Wellness 9:30 Bingo (A) (M) 9:30 Painting (M) 10:30 Bingo 10:30 General Transportaton 1:30 Eat Smart Take Control 5:00 Aerobics/Line Dancing	<b>2</b> 8:30 Health & Wellness 8:30 Senior Breakfast Club 9:00 Quilting Class 9:30 Bingo (A) (M) 10:00 Flu Shots (M) 1:00 Quilting Class
<b>5</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) 5:00 Aerobics/Line Dancing	<b>6</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) 9:30 Line Dancing (M) 5:00 Aerobics/Line Dancing	<b>7</b> 8:30 Health & Wellness 9:00 Basket Weaving 9:30 Bingo (A) (M) 5:00 Aerobics/Line Dancing	<b>8</b> 8:30 Health & Wellness 9:30 Bingo (A) (M) 9:30 Painting (M) 10:30 Bingo 1:30 Eat Smart Take Control 5:00 Aerobics/Line Dancing 5:30 Grandparents RG	<b>9</b> 8:30 Health & Wellness 9:00 Computer Class 9:00 Quilting Class 9:30 Bingo (A) (M) 1:00 Quilting Class
<b>12</b> 8:30 Health & Wellness 9:00 Sewing Class 1:00 Movie Day 5:00 Aerobics/Line Dancing	<b>13</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Line Dancing (M) 5:00 Aerobics/Line Dancing	<b>14</b> 8:30 Health & Wellness 9:00 Basket Weaving 10:00 Pumpkin Decorating (W) 5:00 Aerobics/Line Dancing	<b>15</b> 8:30 Health & Wellness 9:30 Painting (M) <b>MEDICARE PART D AEP</b> 10:30 Health Screenings (W) 11:00 HCCP Meeting 1:30 Eat Smart Take Control 5:00 Aerobics/Line Dancing	<b>16</b> 8:30 Health & Wellness 9:00 Computer Class 9:00 Quilting Class 12:00 Flu Shots (W) 1:00 Quilting Class
<b>19</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) 5:00 Aerobics/Line Dancing	<b>20</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) <b>STATE FAIR</b> 10:30 Planning & Advisory 5:00 Aerobics/Line Dancing	<b>21</b> 8:30 Health & Wellness 9:00 Basket Weaving 9:30 Craft Class (AHS Apts.) 9:30 Bingo (A) (M) <b>NCASCC STATE CONF.</b> 5:00 Aerobics/Line Dancing	<b>22</b> 8:30 Health & Wellness 9:30 Bingo (A) (M) 9:30 Painting (M) 10:30 Health Screenings (A) <b>NCASCC STATE CONF.</b> 1:30 Eat Smart Take Control 5:00 Aerobics/Line Dancing	<b>23</b> 8:30 Health & Wellness 9:00 Quilting Class 9:30 Bingo (A) (M) 1:00 Quilting Class <b>NCASCC STATE CONF.</b>
<b>26</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) 5:00 Aerobics/Line Dancing	<b>27</b> 8:30 Health & Wellness 9:00 Sewing Class 9:30 Bingo (A) (M) 9:30 NCASCC Pres. Meet 5:00 Aerobics/Line Dancing	<b>28</b> 8:30 Health & Wellness 9:00 Basket Weaving 9:30 Bingo (A) (M) 5:00 Aerobics/Line Dancing	<b>29</b> 8:30 Health & Wellness 9:30 Bingo (A) (M) 9:30 Painting (M) 10:30 Health Screenings (A) 1:30 Eat Smart Take Control 5:00 Aerobics/Line Dancing	<b>30</b> 8:30 Health & Wellness 9:00 Quilting Class 9:30 Bingo (A) (M) 11:00 Flu Sots (A) 1:00 Quilting Class

for more information call 252-358-7856

HCOA emergency announcement #  
252-358-7901