

**CRAVEN COUNTY SENIOR SERVICES**  
**George Street Senior Center**  
**ACTIVITY SCHEDULE 2007**  
**January – June**

**Mondays**

8-10	Billiards	
9-10	Coffee & conversation	
10-11	Chair Aerobics	
11-12	Bingo	
12-1	<b>lunch</b>	
1-2:30	Yoga	
3-5	Popcorn & Movie	2 <sup>nd</sup> Monday only
3-5	Billiards	1 <sup>st</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> Mondays

**Tuesdays**

8-10	Billiards	
9-10	Coffee & conversation	
9:30-12	Crafts	
10-3	Hearing Services (Regional Hearing Office)	2 <sup>nd</sup> Tuesday only
9:30-12	Hearing Services (Pitt Center For Hearing)	4 <sup>th</sup> Tuesday only
12-1	<b>lunch</b>	
1-3	Brunch and Learn (Health Seminar)	1 <sup>st</sup> Tuesday only
1-3	Veteran's Activities	2 <sup>nd</sup> Tuesday only
1-3	Senior Social Club	3 <sup>rd</sup> Tuesday only
1-3	Terrific Tuesday (Health Seminar)	Last Tuesday only
3-5	Billiards	

**Wednesdays**

8-10	Billiards	
9-10	Coffee & conversation	
9-11:30	Senior Pharmacy	3 <sup>rd</sup> Wednesday only
10-11:30	Blood Pressure Checks	3 <sup>rd</sup> Wednesday only
10-11	Nutrition Program	1 <sup>st</sup> Wednesday only
10-11	Mental Health	2 <sup>nd</sup> Wednesday only
10-11	Cooperative Extension Program	4 <sup>th</sup> Wednesday only
11-12	Chorus	
12-1	<b>lunch</b>	
1-3	Visually Impaired Program	
3-5	Billiards	

**Thursdays**

8-10	Billiards	
9-10	coffee & conversation	
10-11	Checker Match	1 <sup>st</sup> Thursday only
10-11	Puzzle Club	3 <sup>rd</sup> Thursday only
10-11	Garden Project	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays only
11-12	Quilting & Knitting	
12-1	<b>lunch</b>	
1-2:30	Beginner's Line Dancing	
1-4:30	Scrabble Club	
3-5	Billiards	

**Fridays**

8-10 Billiards  
9-10 coffee & conversation  
10-11 Chair Aerobics  
11-12 Bingo  
12-1 **lunch**  
1-2:30 Yoga  
3-5 Billiards  
7-9 Band

1<sup>st</sup> & 3<sup>rd</sup> Friday nights only

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**SPECIAL EVENTS**

Valentines for Veterans February 26 & 27  
Black History Month Celebration February 28, 10:30 a.m.  
Volunteer Awards Ceremony April 12, 3 p.m.  
AARP Driver's Class May 10 & 11, 9-1  
Health Fair May (date to be announced)  
Senior Picnic May (date to be announced)

**HEALTH PROMOTION SEMINAR TOPICS**

Chronic Constipation January 30  
Diabetes February 6  
Managing your Medications February 27  
ALS (Lou Gehrig's Disease) April 24  
Dealing with Grief June 26  
(additional topics to be announced)

**MEALS ON WHEELS VOLUNTEER TRAINING SESSIONS**

**New Bern**

February 20, 1:30  
April 17, 1:30  
June 19, 1:30

**Havelock**

March 20, 1:30  
May 15, 1:30

**Senior Services Advisory Council Meetings**

January 10, 10 a.m. April 11, 10 a.m.

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The Senior Center is located at 811 George Street in New Bern, North Carolina. The building is open each weekday from 8 a.m. to 5 p.m. and at other times for special events. Activities and lunches are free to individuals at least 60 years of age (donations appreciated). Individuals between 50 and 59 may participate for a small fee. Additional programs are provided in Havelock, Harlowe, and Vanceboro. For more information about activities and services, call (252) 638-1790.