






January, 2024—Activities/Event Calendar

Mission: Improving the lives of Duplin County seniors through opportunities that encourage social interaction, enhance quality of life, and support independence.

Monday	Tuesday	Wednesday	Thursday	Friday
1  Office, Senior Center & Nutrition Sites Closed	2 10:00-Coffee/Tea Conversations 11:30-Nutrition Education by Elizabeth Taylor 6:00-Alzheimer's/Caregiver Support Group Meeting	3 10:00—C.T.C. 10:30—New Year Goals; Exercise 11:30—Board Games/Mind Activities	4 10:00—C.T.C. 11:30- Trivia Day Shiip Counseling by Appointment—10:00-3:00 pm	5 10:00—C.T.C. 11:00-Devotion; /Inspiration 1:30—Men Billiards
8 9-12—Computer Access 10:00-Coffee/Tea/Conversate (C.T.C.) ; 11:00-Bingo 1:30-2:30-Duplin Sparklers 2:00—Exercise Orientation	9 10:00- C.T.C. 11:00-Pool Noodle Ball Shiip Counseling by Appointment 10:00-3:00pm	10 10:00-C.T.C. 11:00-Black History Reflections 11:30—Board Games/Mind Activities	11 10:00—C.T.C. 11:00—Health Education, with Eve Stroud, ECU Health Duplin Shiip Counseling by Appointment—10:00-3:00 pm	12 10:00—C.T.C. 11:00-Devotion/Inspiration 1:30—Men Billiards
15 Office, Senior Center & Nutrition Sites Closed in Observance of Martin L. King Birthday	16 10:00- C.T.C. 10:30-Bingocize with Elizabeth Taylor Shiip Counseling by Appointment 10:00-3:00pm	17 9:00 - Aging Advisory Meeting 11:00-Crafting with Beth 1:30-Men Billiards	18 10:00—C.T.C. 10:30-Bingocize with Elizabeth Taylor Shiip Counseling by Appointment -10:00-3:00 pm	19 10:00—C.T.C. 11:00-Devotion/Inspiration 1:30—Men Billiards 2:00—Exercise Orientation
22 9-12—Computer Access 10:00-C.T.C. 11:00- Bingo 1:30-2:30-Duplin Sparklers 2:00—Exercise Orientation	23 10:00-C.T.C. 10:30-Bingocize with Elizabeth Taylor Shiip Counseling by Appointment 10:00-3:00pm	24 9:30 -Breakfast with the Director 11:00-Intro to Self Guided Yoga—(Melisa) 11:30—Belly Laugh	25 10:00—C.T.C. 10:30-Bingocize with Elizabeth Taylor Shiip Counseling by Appointment—10:00- 3:00 pm	26 10:00—C.T.C. 11:00-Devotion/Inspiration 12:30-Senior Birthday Celebration 
29 9-12—Computer Access 10:00-C.T.C. 11:00- Bingo 1:30-2:30-Duplin Sparklers 2:00—Exercise Orientation	30 10:00—C.T.C. 10:30-Bingocize with Elizabeth Taylor Shiip Counseling by Appointment 10:00-3:00pm	31 10:00—C.T.C. 11:00-Cornhole—M/W  1:30-Men Billiards	 January 16—March 21	
 Facebook.com/DuplinAging	<div>*Walk-In Activities at the Senior Center: Puzzles, Cards, Board Games, Caregiver Library, Desk Top/ Computer Access, Word Search, In-liners (Adult Coloring), Free Wireless Internet, Pool Table. Duplin Senior Newsletter, Menu, Services Available, & Volunteer opportunities online at https://www.duplincountync.com/senior-resource-center</div>			