











Duplin County Services for the Aged March, 2023—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
<p>FREE TAX ASSISTANCE</p> <p>Tax Assistance Available from February 6—April 10, 2023. For more information call 910-296-2140</p>	 Facebook.com/DuplinAging	1 10:00-Coffee/Tea/Conversations 10:00 SHIIP Counseling by appointment 10:30-Exercise; Let's Move (Beth)	2 10:00-Coffee/Tea/Conversations 11:00—Popcorn/Board Games 11:30- Billiards	3 10:00-Coffee/Tea/Conversations Dress in Blue--Colorectal Cancer Awareness 11:00-Devotion/Inspiration (Mr. Baker)
6 10:00- Coffee/Tea/Conversations 11:00-Nutrition Education-by Rachel Ezzell, Family & Consumer Sciences Agent 1:30-2:30-Duplin Sparklers	7 10:00- Coffee/Tea Conversation 11:30 Nutrition Education By Beth Taylor 6:00 p.m. Caregiver Support Group	8 10:00-Coffee/Conversations 10:00 SHIIP Counseling by appointment 11:30- Let's Discover the meaning of "our name"	9 10:00—Coffee/Tea/Conversations 11:00 Blood Pressure Checks (Beth) 11:30—Cornhole 	10 10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) 1:15 -Board Games 
13 10:00- Coffee/Tea/Conversations 11:30-Bingo 9:00-12 Computer Access 1:30-2:30-Duplin Sparklers 	14 10:00- Coffee/Tea/Conversations 11:30 Taste and Test Nutrition Education by Beth Taylor 11:30-Men Billiards	15 10:00—Coffee/Tea/Conversations 10:00 SHIIP Counseling by appointment 10:30-Exercise; Let's Move (Melisa) 11:30-Billiards	16 10:00—Coffee/Tea/Conversations 11:30-Popcorn/Board Games 1:15 Jewelry Class	17 10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) St. Patrick Day-Wear Green 
20 10:00- Coffee/Tea/Conversations 11:00-Bingo 9:00-12 Computer Access 1:30-2:30-Duplin Sparklers 	21 10:00- Coffee/Tea/Conversations 11:00—World Poetry Day—"Reading Favorite Poems" 11:30-Men Billiards	22 10:00-Coffee/Tea/Conversations; 10:00 SHIIP Counseling by appointment 10:30-Exercise; Let's Move (Beth) 11:30- Billiards	23 10:00—Coffee/Tea/Conversations 11:00—Cornhole Men—Women—Teams 	24 10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) 11:30-Board Games 
27 10:00- Coffee/Tea/Conversations 11:00-Bingo 9:00-12 Computer Access 1:30-2:30-Duplin Sparklers	28 10:00- Coffee/Tea/Conversations 11:00 Nutrition Education By Beth Taylor 11:30-Billiards	29 10:00- Coffee/Tea/Conversations 10:00 SHIIP Counseling by appointment 11:00-Acts of kindness-Diane Herring, Mediation Office	30 10:00- Coffee/Tea/Conversations 11:00—Legacy Writing: Telling our Story 1:15 Jewelry Class	31 10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) 12:30-Senior Birthday Celebration 
Arthritis Exercise Classes Snow Hill Church, Mount Olive location at 11:00 a.m. 	<p>*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</p>			