














Duplin County Services for the Aged May, 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>1</p> <p>10:00- Coffee/Tea/Topic of the Day 11:30-Bingo 1:30-2:30-Duplin Sparklers 4:30—5:45; GVSA Reception 6:15—GVSA Presentations Commissioner Meeting</p> | <p>2</p> <p>10:00- Coffee/Tea/Topic of the Day 11:30 Nutrition Education By Elizabeth Taylor 6:00 p.m. Caregiver Support Group; Speaker, January Brown</p> | <p>3</p> <p>OLDER AMERICANS MONTH  AGING UNBOUND: MAY 2023 Senior Fun Day 9:30-1:30</p> | <p>4</p> <p>10:00-Coffee/Tea/Topic of the Day "National Day of Prayer" 11:00—Arts/Crafts 11:30—Men Billiards</p> | <p>5</p> <p>10:00—Coffee/Tea/Topic of the Day 11:00-Devotion/Inspiration (Mr. Baker) </p> |
| <p>8</p> <p>10:00- Coffee/Tea/Topic of the Day 11:30-Bingo 9:00-12 Computer Access 1:30-2:30-Duplin Sparklers Dance Practice Session </p> | <p>9</p> <p>10:00- Coffee/Tea/Topic of the Day 11:30—Billiards (M/W) 11:30 Nutrition Education By Elizabeth Taylor</p> | <p>10</p> <p>10:00-Coffee/Tea/Topic of the Day "Fancy Hats" 11:00—Eve Stroud, ECU Health Duplin "Health & Wellness" </p> | <p>11</p> <p>10:00—Coffee/Tea/Conversations 11:00—Sharing Pictures of our Mom's "Celebrating Mother's" <i>Favorite memories</i></p> | <p>12</p> <p>10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) National Public Gardens Day</p> |
| <p>15</p> <p>10:00- Coffee/Tea/Topic of the Day "Remembering our Mothers"  11:30-Bingo 9:00-12 Computer Access</p> | <p>16</p> <p>10:00- Coffee/Tea/Conversations  11:00—Cornhole 11:30—Men Billiards</p> | <p>17</p> <p>10:30—Coffee/Tea/Conversations 10:00—SHIIP Counseling by Appointment 10:30-Exercise; Let's Move (Melisa)</p> | <p>18</p> <p>10:00—Coffee/Tea/Conversations 11:30-Popcorn/Board Games 11:30—Men Billiards</p> | <p>19</p> <p>10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) 1:15 p.m.—Jewelry Class</p> |
| <p>22</p> <p>10:00- Coffee/Tea/Conversations  11:00-Bingo 9:00-12 Computer Access 1:30-2:30-Duplin Sparklers</p> | <p>23</p> <p>10:00- Coffee/Tea/Conversations 10:30—Topic of the Day—Wellness -Beth Taylor 1:30-Men Billiards</p> | <p>24</p> <p>10:00-Coffee/Tea/Topic of the Day 10:00—SHIIP Counseling by Appointment 10:30-Exercise; Let's Move (Beth) 11:30-Men Billiards</p> | <p>25</p> <p>10:00—Coffee/Tea/Conversations 10:30—Crafting w/Beth  11:00—Cornhole (M/W)</p> | <p>26</p> <p>10:00—Coffee/Tea/Conversations 11:00-Devotion/Inspiration (Mr. Baker) 12:30-Senior Birthday Celebration </p> |
| <p>29</p> <p>memorial DAY  Nutrition Senior Center/Office Closed</p> | <p>30</p> <p>10:00- Coffee/Tea/Conversations 11:00-National Creativity Day; Crafting w/Beth 1:30-Men Billiards</p> | <p>31</p> <p>10:00- Coffee/Tea/Conversations 10:00—SHIIP Counseling by Appointment 10:30-Exercise; Let's Move (Melisa)</p> | <p> Facebook.com/DuplinAging</p> | <p><i>Celebrating Older America Month</i> </p> |
| <p>Arthritis Exercise Classes Snow Hill Church, Mount Olive location at 11:00 a.m. Last session is May 15, 2023. </p> | <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> | | | |