



Senior Services

P. O. Box 928 – 213 Seminary St.- Kenansville, N.C. 28349  
 Telephone 910-296-2140 – Fax 910-296-2142

*August Activities/Event*



**Drop In Activities**

9:00 a.m.–  
4:30 p.m.  
(unless specific time posted)

Coffee, Tea & Conversations  
9:00 – 10:30 a.m.

Computer Access

Card/Board Games


Puzzles/Word Searches

Caregiver Library

Word Search/Trivia Sheets

Billiards

Exercise Equipment  
(Treadmill; exercise weights; bands)



SHIIP Counseling by appointment – Tuesday & Thursday 10:00 a.m. – 3:00 p.m.

Date	Scheduled Activity	Specific Day	Time	Location
<b>Week 1</b>				
8-1-24	Managers Choice – Game Activity	Thursday	10:30 a.m.	Senior Services
8-1-24	Hunt for Happiness Week/Month Activity	Thursday	11:00 a.m.	Senior Services
8-2-24	Food/Nutrition Education BINGO	Friday	10:00 a.m.	Senior Services
8-2-24	Devotion/Inspiration	Friday	11:00 a.m.	Senior Services
8-2-24	Exercise Orientation	Friday	2:00 p.m.	Senior Services
<b>Week 2</b>				
8-5-24	BINGO	Monday	11:00 a.m.	Senior Services
8-5-24	Duplin Sparklers	Monday	1:30 – 3:30 p.m.	Duplin Commons /Senior Services
8-6-24	Pool Noodle Ball/Games	Tuesday	11:00 a.m.	Senior Services
8-6-24	Alzheimer/Caregiver Support Group	Tuesday	6:00 p.m.	Senior Services
8-7-24	Arthritis Exercise Class	Wednesday	10:30 a.m.	Senior Services
8-8-24	Health Education/Advance Directives – Eve Stroud – ECU Health Duplin; Mary Lou Infinito	Thursday	11:00 a.m.	Senior Services
8-8-24	Centennial Celebration	Thursday	1:30 p.m.	Rose Hill, N.C.
8-9-24	Food/Nutrition Education BINGO	Friday	10:00 a.m.	Senior Services
8-9-24	Devotion/Inspiration	Friday	11:00 a.m.	Senior Services
8-9-24	Exercise Orientation	Friday	2:00 p.m.	Senior Services
<b>Week 3</b>				
8-12-24	BINGO	Monday	11:00 a.m.	Senior Services
8-12-24	Duplin Sparklers	Monday	1:30 – 3:30 p.m.	Senior Services
8-13-24	Blood Pressure Check – Beth Taylor	Tuesday	11:00 a.m.	Senior Services
8-13-24	Billiard – Men/Women	Tuesday	11:00 a.m.	Senior Services
8-14-24	Share Your Story	Wednesday	10:00 a.m.	Senior Services
8-14-24	Arthritis Exercise	Wednesday	11:00 a.m.	Senior Services
8-15-24	Cornhole – Men/Women	Thursday	11:00 a.m.	Senior Services
8-15-24	Small Group Conversation Topics	Thursday	1:30 p.m.	Senior Services



8-16-24	Food/Nutrition Education BINGO	Friday	10:00 a.m.	Senior Services
8-16-24	Devotion/Inspiration	Friday	11:00 a.m.	Senior Services
8-16-24	Exercise Orientation	Friday	2:00 p.m.	Senior Services

<i>Date</i>	<i>Scheduled Activity</i>	<i>Specific Day</i>	<i>Time</i>	<i>Location</i>
<b>Week 4</b>				
8-19-24	BINGO	Monday	11:00 a.m.	Senior Services
8-19-24	Duplin Sparklers	Monday	1:30 – 3:30 p.m.	Senior Services
8-20-24	Photo Review – Memory Lane	Tuesday	10:00 a.m.	Senior Services
8-20-24	Medicare Preventive Benefits	Tuesday	11:00 a.m.	Senior Services
8-21-24	SHIIP 3 <sup>rd</sup> Qtr. Training – Rhonda Narron	Wednesday	10:00-12:00	Senior Services
8-21-24	Billiard – Men/Women	Wednesday	1:00 p.m.	Senior Services
8-22-24	Crafting – Beth Taylor	Thursday	11:00 a.m.	Senior Services
8-22-24	Small Group Conversation Topics	Thursday	1:30 p.m.	Senior Services
8-23-24	Food/Nutrition Education BINGO	Friday	10:00 a.m.	Senior Services
8-23-24	Devotion/Inspiration	Friday	11:00 a.m.	Senior Services
8-23-24	Exercise Orientation	Friday	2:00 p.m.	Senior Services
<b>Week 5</b>				
8-26-24	BINGO	Monday	11:00 a.m.	Senior Services
8-26-24	Duplin Sparklers	Monday	1:30 – 3:30 p.m.	Senior Services
8-27-24	Chair Yoga	Tuesday	11:00 a.m.	Senior Services
8-27-24	Family Feud Board Game	Tuesday	11:00 a.m.	Senior Services
8-28-24	Breakfast w/Director	Wednesday	9:30 a.m.	Senior Services
8-28-24	Arthritis Exercise Class	Wednesday	10:30 a.m.	Senior Services
8-28-24	Cornhole – Men/Women	Wednesday	11:00 a.m.	Senior Services
8-29-24	Introduction to the Mediterranean Diet – Rachel Ezzell, NC Cooperative Ext.	Thursday	11:00 a.m.	Senior Services
8-29-24	Small Group Conversation Topics	Thursday	1:30 p.m.	Senior Services
8-30-24	Food/Nutrition Education BINGO	Friday	10:00 a.m.	Senior Services
8-30-24	Devotion/Inspiration	Friday	11:00 a.m.	Senior Services
8-30-24	Celebrating August Birthday's	Friday	12:30 p.m.	Senior Services
8-30-24	Exercise Orientation	Friday	2:00 p.m.	Senior Services

*Mission Statement*

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

Senior Day Trip  
November 15, 2024

Deadline for initial deposit  
- 9-18-24 (\$57.50)

Final balance - 10-16-24  
(\$57.50)