We wish to take this opportunity to thank everyone for being so kind and generous to Pamlico County Senior Services and our older adults of Pamlico County this past year.

By the time you receive this newsletter, 2017 will have arrived and it’s the perfect time for you to work on those New Year Resolutions. We hope that one of your top ones is to come by and visit the Senior Center and get involved. Check out the January and February calendars in this issue for times of the programs and events. Our fitness room is available from 7:30am to 5p.m. Monday through Fridays.

Happy New Year and I look forward to seeing you at the Senior Center

Sincerely,

Violet Ollison, Director
Pamlico County Senior Services
February is National Heart Month. So many Americans get stressed out from work, family, commitments, and other things that they forget to focus on their heart until it gives them little warning signs that something is wrong or heaven forbid they have a heart attack.

It is not an easy task to care for a loved one but the job is compounded when you do not properly take care of yourself. For those of you who are not caregivers but need some stress relief, plan to come to the center for some of our lively activities, programs, or even a day trip. We also have health screenings planned once a week. Come and have your blood pressure checked and treat yourself to a good time at the center.

What is Medicare 101

Medicare is a federally sponsored individual health plan providing coverage for medically necessary procedures and services. Anyone age 65 or older or who has been disabled for two or more years and has paid into social security, railroad retirement, federal, state or local government or whose spouse has participated is eligible to apply.

Do you know what the costs associated with Medicare A and B are or how to enroll in Medicare? Are you interested in a Prescription Drug Plan? Come to Medicare 101 on Wednesday, Feb 8, 2017 at 10:00 a.m. at the Senior Center. There will be a brief overview of Medicare benefits and time for questions and answers at the end of the presentation.

Please contact Violet Ollison, Beth Hardison or Ann Hughes Thomas at 745-4629 if you plan to attend so that we will have sufficient materials and information for you to take home.

Kimberly Williams from Trillium Health Resources

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>January—24, 2017</td>
<td></td>
</tr>
<tr>
<td>February—21, 2017</td>
<td>Topics unknown at this time, just keep watching in  your newsletter for updates. Thank you, Beth Hardison</td>
</tr>
<tr>
<td>March—21, 2017</td>
<td></td>
</tr>
</tbody>
</table>
National Wear Red Day

Friday, February 3, 2017, is National Wear Red Day—a day when Americans nationwide will take women’s health to heart by wearing red. Join the movement on February 7 and encourage women to take steps to reduce their risk for heart disease, their #1 killer.

The Heart Truth (www.hearttruth.gov), sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and motivates them to take action to prevent the disease.

The centerpiece of The Heart Truth is the Red Dress—the national symbol for women and heart disease awareness. It delivers a powerful red alert to women to take their risk for heart disease seriously and personally.

Ask any stylist, job coach or dating expert and they’ll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that’s why we chose the color red to signify our fight against the No. 1 killer in women. Maybe it’s just a coincidence that it’s also the color of our hearts.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year—a disease that women weren’t paying attention to. A disease they truly believed, and many still believe to this day affects more men than women.

Stemming from that action, National Wear Red Day was born. It’s held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

But despite our progress, women are still dying. They’re still unaware of their risks and the facts. And now’s the time for complacency. It’s time to stand stronger, speak louder and join us in the fight this National Wear Red Day [http://www.goredforwomen.org/wearedday/].

People are encourage to wear red today to show support for the women who have been affected by cardiovascular disease.
Decorative Glass
Shirley Davis, Arcola Health Care Center, Arcola, IL

As I look at my soul I understand at last
    That my spirit has been molded like a piece of
    Beautiful glass.
My heart has been created like glass fired and made
    Round and round my maker’s pipette like a carousel horse
    On a pole.
In the fire its beauty and grace never its creator worn.
The glass is made for light to pass revealing colors born.
I have suffered many a blow as through this world I stride.
But like glass my maker loves me still; in me He takes
    Great pride.
In the end I’ll overcome my pain and sorrow at last.
I’ll be a work of loveliness like a piece of decorative glass.

A loyal friend laughs at your jokes when they’re not so good, and sympathizes with your problems when they’re not so bad.

—Arnold H. Glasgow

The friend is the man who knows all about you, and still likes you.
—Elbert Hubbard, The Notebook, 1927

“Wishing to be friends is quick work, but friendship is a slow ripening fruit.”
— Aristotle
This was the Year ........ 1976

Popular TV Shows

- Happy Days
- Laverne and Shirley
- M*A*S*H
- Charlie’s Angels
- The Bob Newhart Show
- The Six Million Dollar Man
- Baretta
- One Day at a Time
- The Carol Burnett Show
- All in the Family

Popular Movies

- Rocky (Academy Award winner)
- Silver Streak
- A Star is Born
- Taxi Driver
- Network
- The Bad News Bears
- All the President’s Men
- The Outlaw Josey Wales

Cost of Food

- Granulated Sugar—74 cents for 5 Lbs.
- Milk—$1.65 per gallon
- Bacon—$1.05 per Lb
- Eggs—48 cents per dozen
- Ground Beef—80 cents per Lb
- Fresh Bread—35 cents per loaf
- Ground Coffee—$1.25 per Lb
Movie and Popcorn

Starting February 10th, we will start having Movie and Popcorn starting at 1:30 p.m. We will be having this twice a month, movie is free.

Popcorn : Free
Soda : 50 cents
Candy : $1.00
Water : 50 cents

Movie Dates:
February 10th
February 24th
March 10th
March 24th

We are also accepting donations for DVDs and VHS movies. If you have a movie you would like to share we can put it on our schedule
For more information call Beth Hardison at 252-745-7196. Come on by and have fun.

Helping to Age in Place

.........Alzheimer’s & Dementia

The Senior Center is very excited to announce the launch of our “Memory Cafe”. The challenges of living with memory loss can sever social connections at a time when it is needed most. Memory café gatherings are one way people with memory loss and their care companions come together to make new friends and support each other. On the 2nd and 4th Thursday of each month there will be a social hour; (10:30—11:30) a relaxed informal atmosphere for everyone to mix and mingle. Grab a cup of coffee and make new friends who understand. Free. Open to the public! Light refreshments served!

For more information call 252-745-7196 to register.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
</tr>
<tr>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
</tr>
<tr>
<td>Closed for New Years</td>
<td>Closed for New Years</td>
<td>Closed for New Years</td>
<td>Closed for New Years</td>
<td>Closed for New Years</td>
</tr>
<tr>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
</tr>
<tr>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
</tr>
<tr>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
</tr>
<tr>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
</tr>
<tr>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
<td><strong>9:00</strong></td>
</tr>
<tr>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
<td><strong>10:00</strong></td>
</tr>
<tr>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
<td><strong>10:30</strong></td>
</tr>
<tr>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:00</strong></td>
</tr>
<tr>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
<td><strong>1:00</strong></td>
</tr>
<tr>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
<td><strong>5:30</strong></td>
</tr>
</tbody>
</table>

**Mondays**
- 1st American Legion Monday (after 3rd Sunday)
- American Legion Monday

**Thursdays**
- (Week 1) 6:00 Honor Guard
- (Week 4) 7:30 PM Honor Guard
- (Week 5) 7:30 PM Honor Guard
- American Legion Monday
- 7:30 PM Exercise Run

**January 2017**
- New Years
- Closed for New Years
**February 2017**

**Mondays**
- 1st American Legion Monday (after 3rd Sunday)
- **Thursdays**
  - (Week 1) 6:00 Honor Guard
  - 9:00 The Coffee Corner
  - 7:30 - 5:00 Exercise Rm. Open every day Monday—Friday
- **First Wednesday of every month**
  - 9:00 The Coffee Corner
  - 7:30 - 5:00 Exercise Rm. Open every day Monday—Friday
- **11**
  - 10:30 Bible Study
  - 10:30 Blood Pressure check / weight
  - 10:30 - 11:30 Talk & Exercise with Beth

**Tuesdays**
- 10:00 Wicker Basket Class
- 10:30 Tops Meeting
  - Support Group
  - Alzheimer's / Dementia
- 9:15 Center Volunteers Paperwork
- **Fantastic Friday**
  - 10:00 Bingo
  - 1:00 Cards
  - 2:00 Young at Heart crafts

**Wednesdays**
- 10:00 Wicker Basket Class
- 10:30 Tops Meeting
  - Support Group
  - Alzheimer's / Dementia
- 9:15 Center Volunteers Paperwork
- **Fantastic Friday**
  - 10:00 Bingo
  - 1:00 Cards
  - 2:00 Young at Heart crafts

**Thursdays**
- 10:00 Wicker Basket Class
- 10:30 Tops Meeting
  - Support Group
  - Alzheimer's / Dementia
- 9:15 Center Volunteers Paperwork
- **Fantastic Friday**
  - 10:00 Bingo
  - 1:00 Cards
  - 2:00 Young at Heart crafts

**Fridays**
- 10:00 Wicker Basket Class
- 10:30 Tops Meeting
  - Support Group
  - Alzheimer's / Dementia
- 9:15 Center Volunteers Paperwork
- **Fantastic Friday**
  - 10:00 Bingo
  - 1:00 Cards
  - 2:00 Young at Heart crafts

**Saturdays**
- 9:30 Line Dancing
- 10:30 Singing
- 1:00 50+ club
  - Wicker Basketry Class
  - Cards
  - 5:30 Tops Meeting
- **Fantastic Friday**
  - 10:00 Bingo
  - 1:00 Cards
  - 2:00 Young at Heart crafts
Got an idea or opinion? Come share and give input. Bring your suggestions to the Senior Center Site Meeting on January 5th at 10:00 am and again on February 2nd at 10:00 am in the Dining Room.

January 2nd—Senior Center closed for New Years

January 16th—Senior Center closed for Martin Luther King Jr Day

January 24th—Kimberly Williams will be our quest speaker at 10:00 am

January 26th — a table scavenger hunt will be held at 10:00 am. Fill your biggest bag or purse with usual and unusual items and bring it to the Senior Center. You never know which of these items you might need to win.

January 31st—We will be celebrating National Hat Day

Have you got a January or February Birthday? Come join us as we celebrate the January and February Birthdays at the end of the month. Celebrations will January 31st and February 28th at 12:00p.m.

February 13th—Show and Tell for seniors (not your regular show and tell) more on this in this newsletter

February 14th—Valentines Day (having a red and pink and white party) Oh! Don’t forget the chocolate!

February 21st—Kimberly Williams will be our quest speaker at 10:00 am

February 16th, Family Feud at 10:00am

February 28th—Mardi Gras—the seniors will be partying and playing games and yes eating, but most of all having fun, fun, fun.
Pamlico County

VITA provides free tax help for low –to—moderate income families who need assistance preparing their tax returns. Over 90,000 people said yes to making a difference during the 2015 filing season and prepared over 3.7 million returns at thousands of tax sites nationwide.

For the first time in over 5 years we will have a VITA site in Pamlico County at the Senior Center in Alliance. This will be a satellite site of the VITA site which has been located at Christ Church in New Bern for over 25 years. The site will be open one day per week, on Wednesdays 9am—3pm, February 1—April 12, 2017.

Volunteers and VITA are thoroughly trained to prepare tax returns using software provided by the IRS. VITA will work hand in hand with experienced volunteers, as a team, to provide accurate Federal and North Carolina Tax returns to our clients.

To make an appointment please call Tracy Shaw at 252-745-7196.
Coffee & Talk

Coffee & Talk with Nutritionist, Beth Hardison on Thursdays, 10:00-11:00 pm
There’s lots of nutrition information out there, and it can get a bit overwhelming and confusing with contradictory information over the past several decades. However, Nutrition Science has made great strides over the past 20 years! Enjoy a cup of coffee as we discuss topics that can affect your health:

January 26, Crockpot Soups
February 16, Healthy Brain Support
March 16, Detoxing and Cleansing
April 20, Men’s and Women’s Health Concerns

Our staff look forward to seeing you soon!
Pamlico County Senior Center Staff from Left to Right:
Violet Ollison, Director, Beth Hardison, Tracy Shaw, Genevieve Borden, Ann Hughes Thomas, (not pictured is Vicky Spencer)

Join us at the Senior Center Learn something new and have some fun!
Call the Senior Center for details: 252-745-7196
LEGAL AID OF NORTH CAROLINA
Is a federally funded non-profit organization providing FREE legal assistance and advice to seniors.

Applications taken daily.
Monday—Friday, 9:00a.m.—2:00p.m.
Call 1-800-672-8213 or 252-637-9502

SOCIAL SECURITY ADMINISTRATION
For Assistance call toll free New Bern
1-888-491-1885 or 1-800-772-1213
www.socialsecurity.gov

Check out PSS website at:
www.pamlicocounty.org

Have questions about Medicare?
MEDICARE PART A, B, C, & D & Long Term Care? Call 252-745-7196 for an appointment.

Make Home Sweet Home
Home Safe Home

Every 13 seconds, an older adult is treated in the emergency room for a fall, according to the U.S. Center for Disease Control and Prevention. Falls are the leading cause of injury and injury related death for seniors.

As we age, physical changes, health conditions and sometimes medications make falls more likely but not unavoidable. Simple changes in lifestyle including regular medical and eye exams, home modifications, de-cluttering, grab bars installed throughout the home, a shower chair to make showering less dangerous, and sensible no slip footwear can lessen your risk for falling.
ALZHEIMER’s / DEMENTIA CAREGIVER SUPPORT

Are you, or someone you know, caring for a loved one with Alzheimer's or Dementia? This can be very challenging, and there is support available. You are invited to the Alzheimer's / Dementia Caregiver Support Group Meeting at the Pamlico County Senior Center. We meet the first and third Monday of the month at 2:00 p.m. We are here to provide support and let you know that you are not alone. If your loved one needs care so you can attend the meeting, please call Beth Hardison at 745-7196 for more information.

Below are the meeting dates for January—February, 2017

January
January 9th, 2017
January 23th, 2017

February
February 6th, 2017
February 20th, 2017

We remember their love when they no longer remember.

Congregate Meals

You may say “I don’t know what congregate meals are?” Well, they are noon time meals served daily, Monday through Friday, at the Senior Center. They are nutritious meals providing one third of the daily dietary allowances. There is no charge for the meal, but we gladly accept donations. The donations are used to provide more congregate meals. In addition, this offers older adults an opportunity to socialize with others. Occasionally, we have guest speaker come to give information on healthy eating. Please call Beth Hardison, Nutrition Director at 252-745-7196, to sign up or for more information. You can come in the day before to sign up as well. Thank You
Senior Pharmacy
The Senior Pharmacy’s schedule is every 3rd Tuesday 9:00 am—10:30 am
Mark your calendar for these dates:

January 17
February 21
March 21
April 18
May 16
June 20

July 18
August 15
September 19
October 17
November 21
December 19

Goose Creek Island Community Center
55+Club Every Thursday at 10:00 AM
Come to play and learn

Valentines Day
The Young at Heart will be celebrating Valentines Day, February, 14th at 10:00 am.
There will be dancing and Snacks and punch. And there will be a karaoke contest.
Come dressed in your red or pink outfit.

Happy Valentine's Day
Dear volunteers,

A lot of time and effort goes into Pamlico Senior Services to help the seniors and community. Pamlico Senior Services is doing well, but there is still so much to be done. That’s why we’re writing to request: to ask you if you could spare some time to work with us as a volunteer teacher.

There’s no special expertise required, and you don’t have to have a degree. All you need is the belief that Pamlico Senior Services is worth working for, and that volunteers are the most important part of Pamlico Senior Services. There’s a lot to do, and we need your help.

Give us a call today to Pamlico Senior Services (252-745-7196) if you would like to spend even a few hours a week as a volunteer. It’ll be one of the most fulfilling things you have ever done.

Thank you for your time and consideration. Look forward to hearing from you.

Volunteer Teacher:
Just a view Class Ideas

- Jewelry making Class
- Arts and Crafts
- Wood Crafts
- Sewing Class
- Quilting Class

This is to name just a few, if you have other ideas let us know.

Note: If you are interested in being a volunteer teacher you could charge you’re students a small fee, but you would be a volunteer for Pamlico Senior Services.
Crazy Hat Party

National Hat Day is the third Friday in January 20th. We will be celebrating it on January 31st. Outing take a trip to a thrift store or discount store to purchase hats. Hat Decorating: The participants can decorate hats that reflect their interests or just be creative. There will be all kinds of crafts to decorate your hat. We’ll have straw hats, ball caps, toboggans, any kind of hat.

Each participant will be asked to model his or her hat masterpiece. The following are some categories to be used in voting: funniest, most creative, prettiest, most original, most traditional, most unique, used the most items, most colorful. January 31st starting at 10:00 am

PANTRY BINGO

Friday, January 20, 2017—10:00am and Friday, February 17, 2017
Sponsored by: Pamlico Senior Services
RSVP by: January 17th and RSVP by: February 13th

Win items you can actually use at this event. Open to adults 60 and older. No children please.

Quotes About Volunteering

“Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradeship, and confidence.”

-Brian O’Connell
Begin the New Year right … Join a Class

Acrylic Painting or Crafts and Things—Mondays 9am-12pm:
Learn the art of painting on wood, metal, or canvas through acrylic dabble, water colors, oil rub out, and / or pen and ink. Create your designs or work from the patterns that will be provided. This class is for all skill levels. Instructor: Marie Kube (no charge, donations appreciated)

Basket Weaving—Tuesdays 1pm—4pm:
Learn to make traditional, as well as modern style baskets, which can be used for decoration, gifts, or daily use. This class is for all skill levels. Instructor Karen Meyers. (no charge, donations appreciated)

Stained Glass—Thursdays 1pm—4pm:
This course lasts 8 weeks and will allow you time to start and complete a stained glass piece. If you have not already signed up then please call: Instructor Annie Dixon at 252-745-4920.

Crocheting and Knitting Class—Wednesdays 9am—12pm:
Have you always wanted to learn how to crochet or knit beautiful items? Maybe you know how but want to learn something new or something more challenging? Then join Genevieve Borden every Wednesday morning. (no charge, donations appreciated)
A senior who lives in the Fairfield County area, recently received a phone call from an —IRS representative— informing them that their taxes are delinquent and that the IRS figures from 2016 don’t match those of the 2015 IRS figures. The —IRS representative— then went on to inform the individual to avert a call to the local police, they must pay $3,004.79 immediately! The savvy individual didn’t fall for the scammer’s insistent performance, hung up on the caller, and notified the police. Remember, scammers are very good at fooling people. They also want to rush you: scam artists want your money before you have time to think. The following are safe contact sources if you think you may be a victim of a scam:

• Pamlico County Sheriffs Office: 252-745-3101

• North Carolina Department of Consumer Protection: 1-800-842-2649

• To report Medicare and other health care related scams: North Carolina’s Senior Medicare Patrol (SMP) program: 1-800-994-9422

• U.S. Senate Special Committee on Aging - Fraud Hotline (toll-free) Call: 1-855-303-9470
  Online: http://www.aging.senate.gov/fraud-hotline

• North Carolina Attorney General’s Office: Call: 1-860-808-5354

• Better Business Bureau: 1-203-269-2700

“Show and Tell” - Come tell the Story of Your Life:

Tuesday, February 13, 10:00am–11:00am The stories and events that shaped your life can impact future generations. It is never too early but can easily become too late. How and where do you start to tell YOUR STORY? Come on in and get started with this highly interactive program that gets people reminiscing about their lives and always ends up interesting and heartwarming. Please bring an old photo or any treasured item and “show & tell” a small bit of your story.
Across:
1. Before we send a valentine
3. Small hearts are made of this.
5. Something you don’t like is _____.
8. These are beautiful flowers.
11. It’s given away.
14. Someone who gets a lot of valentines is _____.
15. After we write a valentine
16. On Valentine’s Day we _____ a valentine.

Down:
2. Giving a valentine is _____.
4. The card we write
6. A flower with thorns
7. The reason we celebrate Valentine’s Day.
9. Cupid’s weapon
10. It’s in the box.
12. He brings love.
13. Two people going out
Take a rest
Even after retiring, Seniors seem to stay busy doing for others. Take one day every so often just for yourself, whether going to your favorite restaurant for lunch, then going to that current movie you’ve been wanting to see, or relaxing at home with a great book you want to finish and going out for dinner. You deserve this relaxing time for yourself! Set aside a few days each month just for yourself and relax!

Wish I`d Said That!
Do you ever read something and think, I could have written that...but didn’t? Why do we hesitate? There are so many remembrances we should put to paper for our families..

Time For Friends
When’s the last time you had lunch with friends or former co-workers? That long, huh? Start calling them now, and make that date for lunch. My guess is, they are waiting to hear from you. Don’t have transportation? Bet they wouldn’t mind picking you up; you’ll never know if you don’t try. C’mon...pick up the phone and make that call!

More Than `Just Food`
By keeping a ’nutrition diary’ daily, we will be able to analyze our good/bad eating habits. Start with a ’normal’ week (not holidays, etc), and write down everything you consume...sodas, sweet iced tea, snacks...etc.(I mean EVERYTHING). At the end of the week check the total red-meats, poultry, breads, dairy fats (milk, butter, ice cream), fresh vegetables and fruits, etc. we have consumed. Is there a bad-habit trend we need to correct? Do so now...start with buying less of the ‘bad’, and more of the ‘good’ when grocery shopping. Who knows, we may be

Safety Precautions for Walking Alone
For safety purposes, if you walk in your area alone, think of taking your dog along with you...or at least a walking-cane. You may even want to consider a whistle or other personal safety device depending on your neighborhood. Also, try to walk during the day - and if you need to, drive to a nice park or neighborhood for your walk so you don't have to worry about personal security. Part of senior health care means staying safe!
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>9am - 12am</td>
<td>Painting/Crafts</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 2pm</td>
<td>Arthritis Exercise Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>50+ Club</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 3:30pm</td>
<td>Basket Weaving Class</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>5:30pm - 7:00pm</td>
<td>Tops</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>Knitting Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 10:30am</td>
<td>10-30 Health Screening</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>11:30am - 1pm</td>
<td>Talk and Exercise with Beth</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 2pm</td>
<td>Arthritis Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 3:30pm</td>
<td>Stained Glass Class</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>Fantastic Friday</td>
<td>Bingo</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1:30pm - 4pm</td>
<td>Movie and Popcorn</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>Knitting Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 10:30am</td>
<td>10-30 Health Screening</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>Knitting Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 10:30am</td>
<td>10-30 Health Screening</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>Knitting Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 10:30am</td>
<td>10-30 Health Screening</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10:30am - 12pm</td>
<td>Bible Study</td>
<td>DR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 12pm</td>
<td>Knitting Class</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>10am - 10:30am</td>
<td>10-30 Health Screening</td>
<td>AR</td>
</tr>
<tr>
<td>Mon</td>
<td>1pm - 4pm</td>
<td>Cards</td>
<td>AR</td>
</tr>
</tbody>
</table>

Pamlico Senior Center Central Calendar 2017
VALENTINE’S DAY

Each year on February 14th, many people exchange cards, candy, gifts or flowers with their special “valentine.” The day of romance we call Valentine’s Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia.