


**ASH SENIOR NUTRITION SITE**  
**Activity Calendar**  
 Calendar is subject to change  
 Victoria Hine, Manager  
 Waccamaw Community Building  
 5859 Waccamaw School Road, Ash, NC 29420  
 Call 910-754-2300 Ext. 1053 For Reservations  
 Operating Hours: 9:30-1:30  
 Tuesday & Thursday  
 Lunch Served at 12 PM

Tuesday	Thursday
<p><b>1</b>    <b>CLOSED</b></p> 	<p><b>3</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch                  12:15 Nutrition Class                  12:30 Bingo</p>
<p><b>8</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch                  12:30 Rummikub</p>	<p><b>10</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch                  12:30 Bingo</p>
<p><b>15</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch</p>	<p><b>17</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch</p>
<p><b>22</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:45 Exercise                  12:00 Lunch                  12:30 Rummikub</p>	<p><b>24</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-11:45 Exercise                  12:00 Lunch                  12:30 Bingo</p>
<p><b>29</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch                  12:30 Rummikub</p>	<p><b>31</b></p> <p>9:30 Coffee with Friends                  10:00 Puzzles                  10:45-11:30 Exercise                  11:30-12:15 Exercise                  12:00 Lunch                  12:15 Birthday Cake                  12:30 Bingo</p>

