

**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. 1050 For Reservations  
Operating Hours: 9:30 am.-1:30 p.m.  
Tuesday, Wednesday & Thursday  
Lunch Served at noon

Tuesday	Wednesday	Thursday
<p>5 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:30 Stretch Time 12:00 Lunch 12:15 Blood Pressure Tests 12:30 Rummikub Puzzles</p>	<p>6 9:30 Coffee with Friends 10:00 Puzzles 11:00 TV and Socialize 11:30 Chair Exercises 12:00 Lunch 12:30 Puzzles Rummikub 12:45 Relaxation Exercises</p>	<p>7 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:00 TV and Socialize 11:30 Stretch Time 12:00 Lunch 12:15 Nutrition with Mallory 12:30 Bingo</p>
<p>12 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:30 Stretch Time 12:00 Lunch 12:30 Rummikub Puzzles</p>	<p>13 9:30 Coffee with Friends 10:00 Puzzles 11:00 TV and Socialize 11:30 Chair Exercises 12:00 Lunch 12:30 Puzzles Rummikub 12:45 Relaxation Exercises</p>	<p>14 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:00 TV and Socialize 11:30 Stretch Time 12:00 Lunch 12:15 St Patrick's Day Celebration 12:30 Bingo</p>
<p>19 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:00 TV and Socialize 11:30 Stretch Time 12:00 Lunch 12:30 Rummikub Puzzles</p>	<p>20 9:30 Coffee with Friends 10:00 Puzzles 11:00 TV and Socialize 11:30 Chair Exercises 12:00 Lunch 12:30 Puzzles Rummikub 12:45 Relaxation Exercises</p>	<p>21 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:00 TV and Socialize 11:30 Stretch Time 12:00 Lunch 12:30 Bingo</p>
<p>26 9:30 Coffee with Friends 10:00 Puzzles 11:00 TV Socialize 10:45 Chair Exercises 11:30 Stretch Time 12:00 Lunch 12:30 Rummikub Puzzles</p>	<p>27 9:30 Coffee with Friends 10:00 Puzzles 11:00 TV and Socialize 11:30 Chair Exercises 12:00 Lunch 12:30 Puzzles Rummikub 12:45 Relaxation Exercises</p>	<p>28 9:30 Coffee with Friends 10:00 Puzzles 10:45 Chair Exercises 11:00 TV and Socialize 11:30 Stretch Time 12:00 Lunch 12:15 Birthday Cake and Ice Cream 12:30 Bingo</p>

**AARP Free Tax Assistance**

AARP Tax-Aide volunteers provide free high-quality income tax assistance, free federal and state tax preparation, and free electronic filing. The service is available to low and moderate-income taxpayers with special attention to those 60 and older. You do not have to be an AARP member or retired to get this free service.

Service is available at five locations in Brunswick County through April 15:

- The Brunswick Center at Leland, 1:30 to 5 p.m. Mondays, Wednesdays, and Thursdays.
- The Brunswick Center at Southport, 9 a.m. to 12:30 p.m. Tuesdays and Thursdays, and 10 a.m. to noon Saturdays by appointment only (call Sherry at 294-0343).
- Oak Island Senior Site, noon to 4 p.m. Tuesdays, and 9 a.m. to 1 p.m. Thursdays.
- Rourk Library, Shallotte, 9:30 a.m. to 1 p.m. Mondays through Wednesdays.
- Southwest Brunswick Branch Library, Carolina Shores, 9:30 a.m. to 1 p.m. Wednesdays through Fridays.

Service is available through April 15 and is free, including electronic filing of federal and North Carolina and South Carolina tax returns.

Bring both you and your spouse if you are filing a joint return; photo ID and a Social Security card for yourself and all dependents; a copy of last year's federal and state income tax return; 1095A if health insurance purchased from the Marketplace/Exchange; W-2s, SSA-1099 for Social Security, Unemployment Benefits; all 1099 forms for interest, dividends, retirement, miscellaneous income, pensions, annuities, IRAs, railroad retirement and final brokerage statements; and records of any estimated taxes paid in 2018.