

Hattie Palmer Staton Senior Center of Excellence
 1403 Church Street
 Scotland Neck, NC 27874

Phone #'s: 252-826-3891-or 252-826-3191
 Hours: 8 am-5 pm, Monday thru Friday

◀ Mar 2025		April 2025						May 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
		1 10:30 am Bible Study Via Tele-Conference 11:30 am Choir Practice 12 pm Arts & Crafts 1 pm Art Buddies 3 pm Coupon Club Attend Bible Study Somewhere	2 Trip to Sam's, Walmart, Rocky Mount, NC Center Close At 3 pm 1-2:30 pm Silver Art Rocky Mount Imperial Center	3 10:30 am Laughter Yoga 11 am Line Dancing 11:30 am Choir Practice 12 pm Corn Hole 3 pm Softball Throw Encourage Down East Senior Games To Others	4 10 am Chair Exercise 12 pm Horseshoes 2 pm Shuffleboard 4 pm Golden Age Club 4 pm Spring Fling "Denim Thing" Fix A Good Smoothie	5 Drink Plenty Of Water		
6 Good Luck Senior Games Participants	7 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Continue Exercising Daily If Possible	8 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 12 pm Senior Games Opening Ceremony 9:15 am Football, Softball, Basketball Throw at NC Wesleyan University	9 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Do A Chair Exercise	10 10:30 am Laughter Yoga Pretend You Won A Medal For Senior Games	11 9 am-3 pm Food Bank/ Nutrition (Drive-thru) 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference Center Close At 3 pm On Food Bank Day	12 No Soda Day		
13 3 Sites For Senior Games: Weldon, Enfield, Scotland Neck	14 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Use Exercise Sheet	15 Tax Day (Taxes Due) 9 am-1 pm E. L. Robinson 9 am Bocce-men 1 pm Shuffleboard-women 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies	16 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Move More!	17 Holy Thursday 9:30 am Fun Walk Rocky Mount Senior High 10:30 am Laughter Yoga 11:30 am Talent Showcase	18 Good Friday Center Closed 4 pm Through Peter's Eyes-Sunset (Tarboro)	19 Garden Salad		
20 Easter Enjoy Family & Friends	21 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along 12 pm Easter Egg Hunt Saint Stephens Baptist Church	22 Earth Day 10:30 am Bible Study Via Tele-Conference 11:30 am Family Caregiver Support Grp-by Zoom 1 pm Art Buddies Smile!	23 Administrative Professionals Let's Celebrate Emma Bradley & Blanche Smith 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00	24 9 am Advisory Council Meeting 9 am Sr. Center Decorating 10:30 am Laughter Yoga Have Fun On Your Own	25 Arbor Day 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference	26 Fewer Carbs		
27 Listen To Soft Music	28 9 am Bingo \$1.00 9:30 am Coffee With Clergy/Breakfast 0 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along	29 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies Spades-Rocky Mount Pinochle-Nash Bridge-Wilson	30 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Lend A Helpful Hand	Tele-Conference (Dial in #: 1-(425) 436-6371) (Access Code: 8824718#) Leave the center at 4 pm to go see Through Peter's Eyes in Tarboro NC (April 18, 2025) Good Friday! Sign up now				