

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

August 2025							Sep 2025
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 10 am Chair Exercise 12 pm Horseshoes 2 pm Shuffleboard 4 pm Golden Age Club Stop Smoking	2 You Deserve To Be Loved	
3 Meditate	4 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Do Slow Neck Twist	5 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 1-2:30 pm Ripe For Revival Mobile Market Connect Join A Club	6 Walmart, Sam's, Rocky Mount, NC Center Closes At 3 pm	7 10:30 am Laughter Yoga 11 am Line Dancing 11:30 am Choir Practice 12 pm Corn Hole 3 pm Softball Throw Maintain A Healthy Weight	8 9 am-3 pm Food Bank/ Nutrition (Drive-thru) 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference Center Closes at 3 pm	9 Be Grateful	
10 Food Is Your Fuel	11 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Getting Your Ducks In A Row! 11:30 am Sing-along Arm Stretches	12 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Be More Active	13 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Move Your Body	14 10:30 am Laughter Yoga Balance Heel To Toe	15 10 am Chair Exercise Manage Your Blood Sugar	16 Make A Difference	
17 Have A Journal	18 9 am Bingo \$1.00 9:30 am Coffee With Clergy/Breakfast 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Do Seat Twist	19 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Control Your Cholesterol	20 8 am Farmers Market In Raleigh, NC 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00	21 10:30 am Laughter Yoga 11:30 am Talent Showcase Eat Healthy	22 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference Take A Weekend Trip If Possible	23 Today Is Not Forever!	
24 Love Yourself	25 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Get 7-9 Hours of Sleep	26 10:30 am Bible Study Via Tele-Conference 11:30 am Family Caregiver Support Group by Zoom 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Find Social Support	27 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Control Your Blood Pressure	28 9 am Senior Center Decorating 10:30 am Laughter Yoga Reduce Stress	29 10 am Chair Exercise Get Plenty Of Fresh Air	30 I'm Important	
31 Do Toe Stands	Tele-Conference (Dial in #: 1-(425) 436-6371) (Access Code: (8824718#)) Up Coming Trips: Farmers Market & State Fair. September Is Senior Center Month, Ideas Are Welcome Be sure to go to our website: www.Hpsscenter.com						