

## July 2026

| Mon                                                                                                                                                                                                                                     | Tue                                                                                                                                                                                                                                                              | Wed                                                                                                                                                                                     | Thu                                                                                                                                                                                                                                                  | Fri                                                                                                                                                                                                                           |
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|                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                  | <b>1</b><br>Sam's, Walmart, Ollie's and Ross<br>Rocky Mount, NC (R)<br><br>Center Closes At 3 pm                                                                                        | <b>2</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Laughter Yoga (R)<br>11 am Line Dancing (R)<br>11:30 am Choir Practice (R)<br>12 pm Corn Hole (R)<br>3 pm Softball Throw (R)<br>Enjoy The 4 <sup>th</sup> With Friends And Family | <b>3</b><br><br>Center Closed                                                                                                                                                                                                 |
| <b>6</b><br>9 am Bingo <b>\$1.00</b> (R)<br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Director's Chat (R)<br>11:30 am Sing-along (R)<br>Do LIFT Class Exercises.                                  | <b>7</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Bible Study Via Tele-Conference (R)<br>11:30 am Choir Practice (R)<br>12 pm Arts & Crafts (R)<br>1 pm Art Buddies (R)<br>3 pm Coupon Club (R)<br>Attend Bible Study of Your Choice            | <b>8</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Recorded Music (R)<br>12 pm Bingo <b>\$2.00</b> (R)<br>Exercise 15 min. am And 15 min. pm   | <b>9</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Laughter Yoga (R)<br>Pretend You Won A Trip To Florida                                                                                                                            | <b>10</b><br>9 am-3 pm Food Bank/ Nutrition (Drive-thru) (R)<br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>6:30 pm Fun Night Via Tele-Conference (R)<br>Center Closes At 3 pm On Food Bank Day |
| <b>13</b><br>9 am Bingo <b>\$1.00</b> (R)<br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Director's Chat (R)<br>11:30 am Sing-along (R)<br>Call A Friend                                            | <b>14</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Bible Study Via Tele-Conference (R)<br>1 pm Art Buddies (R)<br>1-2:30 pm Ripe For Revival Mobile Market (R)<br>Pray For Our Country                                                          | <b>15</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Recorded Music (R)<br>12 pm Bingo <b>\$2.00</b> (R)<br>Drink Plenty Of Water               | <b>16</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Laughter Yoga (R)<br>Pretend You Won The Mega Million!<br>11:30 am Talent Showcase (R)                                                                                           | <b>17</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>Enjoy Your Weekend                                                                                                                     |
| <b>20</b><br>9 am Bingo <b>\$1.00</b> (R)<br>9:30 am Coffee With Clergy/Breakfast (R)<br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Director's Chat (R)<br>11:30 am Sing-along (R)<br>Stay Focused | <b>21</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Bible Study Via Tele-Conference (R)<br>1 pm Art Buddies (R)<br>Treat Yourself To A Smoothie                                                                                                  | <b>22</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Recorded Music (R)<br>12 pm Bingo <b>\$2.00</b> (R)<br>Stay Cool                           | <b>23</b><br>9 am Advisory Council Meeting (R)<br>9 am Senior Center Decorating (R)<br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Laughter Yoga (R)                                                                                      | <b>24</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>6:30 pm Fun Night Via Tele-Conference (R)<br>Think Positive                                                                            |
| <b>27</b><br>9 am Bingo <b>\$1.00</b> (R)<br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Director's Chat (R)<br>11:30 am Sing-along (R)<br>Share A Good Word With Your Neighbor                     | <b>28</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Bible Study Via Tele-Conference (R)<br>12 pm Family Caregiver Support Grp. (Dementia 101: Expect The Unexpected) (R)<br>1 pm Art Buddies (R)<br>1-2:30 pm Ripe For Revival Mobile Market (R) | <b>29</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>11 am Recorded Music (R)<br>12 pm Bingo <b>\$2.00</b> (R)<br>Eat Plenty Of Vegetables And Fruits | <b>30</b><br>9:30 am Devotion (R)<br>10 am Rummikub (R)<br>10:30 am Laughter Yoga (R)<br>Pretend You Saw A Bear                                                                                                                                      | <b>31</b><br>9:30 am Devotion (R)<br>10 am Chair Exercise (R)<br>10 am Rummikub (R)<br>Watch Your Surroundings                                                                                                                |

Tele-Conference (Dial In: 1-425-436-6371) (Access Code: 8824718#)

R – Regular Schedule Events    S – Special Events

Hattie Palmer Staton Senior Center of Excellence  
July 2026

**Drop-In Activities: Monday-Friday 7 am-4 pm**

Fitness Center, Brainteaser, Computer, Walking Trail, Inside Mile Walkers (Gym), Word Search, Cross Word Puzzle, Picture Puzzle, Corn Hole, Corn Collecting Club, Billiards, Adult Coloring, Phase 10, Skip-Bo, Scrabble

**Helpful Information**

**Please take temperature and sanitize hands upon arrival.**

Please use our blood pressure station daily and record your readings. It is in the chair exercise room.

We have plenty of incontinence supplies (Depends) in different sizes, come in or call the Center.

For safety reasons only 1 hour in the fitness room.

Please sanitize the machine after use.

No eating in the fitness room; only water!

Congregate & Home Delivered Meals has no waiting list. Call the Center if interested at 252-826-3191.

**Need medical equipment short term or medical transportation call the center (252-826-3891)**

Housing, Reverse Mortgage, Home Health care (for information call 252-826-3891)

**Job Opportunities or Volunteer Opportunities** (call 252-826-3891)

In need of any services and programs call the Center for details.

Halifax County is looking for volunteers to serve as (CAC) Community Advisory Committee members. For more information call Hattie Staton at 252-826-3891. If interested, contact Ty Whitaker, Regional Ombudsman at 252-234-5963.

**Insurance Counseling (SHIP)** Lynn Bullock at 252-234-5954, Demetris Ellis at 252-234-5955 or call the Center at 252-826-3891 for an appointment.

Tax preparation ages 60 and over **(by appointment only)**

SCOPE Certification Volunteers Needed

**Thought for the Month** "Not everyone is meant to be in your future, some people are just passing through to teach you a lesson in life."