

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

Website: [www.Hpsscenter.com](http://www.Hpsscenter.com)  
Phone #'s: 252-826-3891 or 252-826-3191  
Hours: 8 am-5 pm, Monday thru Friday

◀ Sep 2025

## October 2025

Nov 2025 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Walmart, Sam's Rocky Mount, NC  Center Closes At 3 pm	<b>2</b> 10:30 am Laughter Yoga 11 am Line Dancing 11:30 am To Complete Surveys & Play Games- Lynn Bulluck 11:30 am Choir Practice 12 pm Corn Hole 3 pm Softball Throw	<b>3</b> 10 am Chair Exercise 11:30 am Mental Health "Your Choice" -Rita Jones 12 pm Horseshoes 2 pm Shuffleboard 4 pm Golden Age Club Cook A Fall Treat Pumpkin Pie	<b>4</b> Engage In Physical Activities
<b>5</b> Do Meditations	<b>6</b> 9 am Bingo <b>\$1.00</b> 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Engage In Volunteer Work	<b>7</b> 10:30 am Bible Study Via Tele-Conference 11:30 am Choir Practice 12 pm Arts & Crafts 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market 3 pm Coupon Club Read Your Bible	<b>8</b> 10 am Chair Exercise 11 am Recorded Music 11:30 am Breast Cancer Awareness-Dawn Daly- Mack, RN 12 pm Bingo <b>\$2.00</b> Try Sitting Tai Chi For Mobility	<b>9</b> 9 am Roanoke Valley Aging Expo At The Kirkwood Adam Community Center 10:30 am Laughter Yoga	<b>10</b> 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	<b>11</b> Explore Outside
<b>12</b> Reduce Stress	<b>13</b> Columbus Day 9 am Bingo <b>\$1.00</b> 10 am Chair Exercise 11 am-1 pm Flu Clinic Martha-Mcsowell's Phar. 11 am. Director's Chat 11:30 am Sing-along Attend A Dance Session	<b>14</b> 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Tell A Good Story	<b>15</b> 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo <b>\$2.00</b> Do Fall Decoration In Your Yard Or Front Door	<b>16</b> 9 am Advisory Council Meeting 10:30 am Laughter Yoga 11:30 am Talent Showcase-Elsie Barnes Do Some Exercises	<b>17</b> 10 am Chair Exercise Play Corn Hole	<b>18</b> Play A Game On Your Phone, Tablet Or Chromebook
<b>19</b> Listen To Soft Music	<b>20</b> 9 am Bingo <b>\$1.00</b> 9:30 am Coffee With Clergy/Breakfast 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Stay Independent	<b>21</b> 7 am- 5 pm State Fair Center Closes At 12 pm 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market	<b>22</b> 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo <b>\$2.00</b> Manage Your Diabetes	<b>23</b> 9 am Senior Center Decorating 10:30 am Laughter Yoga Engage In Your Community	<b>24</b> 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference Organize A Walking Club	<b>25</b> Stay Cognitive Engaged
<b>26</b> Music Therapy Is Excellent	<b>27</b> 9 am Bingo <b>\$1.00</b> 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Do Some Outdoor Activities	<b>28</b> 10:30 am Bible Study Via Tele-Conference 11:30 am Family Caregiver Support Group-Via Zoom 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Join A Book Club	<b>29</b> 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo <b>\$2.00</b> Stay Active	<b>30</b> 10:30 am Laughter Yoga Sing Your Favorite Song	<b>31</b> Halloween 10 am Chair Exercise Help At A Local Food Bank	Tele-Conference (Dial in #: 1-(425) 436-6371) (Access Code: (8824718#))