

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

◀ Jun 2025

July 2025

Aug 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 1-2:30 pm Ripe For Revival Mobile Market Do Memory Exercises	2 Walmart, Sam's, Greenville, NC Center closes at 3 pm Writing Activities	3 10:30 am Laughter Yoga 11 am Line Dancing 11:30 am Choir Practice 12 pm Corn Hole 3 pm Softball Throw Visual Games	4 Center Closed 	5 Enjoy Friends & Family
6 Do A Easy Puzzle	7 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Listen Session 11:30 am Sing-along Do Some Word Search	8 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Watch A Good Movie	9 9 am SCOPE Meeting 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Less Snack Day	10 10:30 am Laughter Yoga Drink More Water	11 9 am-3 pm Food Bank/ Nutrition (Drive-thru) 10 am Chair Exercise 10 am-12 pm Hearing Screening 6:30 pm Fun Night Via Tele-Conference Center closes at 3 pm On Food Bank Day	12 Take A Walk If Possible
13 Invite A Senior To The Center	14 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along How Can I Improve Our Center	15 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Read A Daily Word	16 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Eat a Healthy Meal	17 10:30 am Laughter Yoga Pretend You Won A Free Cruise (Laugh) 11:30 am Talent Showcase	18 10 am Chair Exercise Plan For The Weekend	19 Spend Time With Grand Kids If Possible
20 Go To The Church Of Your Choice	21 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 Bring Someone New To Chair Exercise	22 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 A Art Buddie Program	23 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Exercise 3 Days A week	24 9 am Advisory Council Meeting 9 am Senior Center Decorating 10:30 am Laughter Yoga Pretend You Won \$5,000 In A Casino! (Laugh)	25 10 am Chair Exercise 6:30 pm Fun Night Via Tele-Conference Do Something Nice For Yourself	26 Love Your Senior Center
27 Meditate And Play Soft Music	28 9 am Bingo \$1.00 10 am Chair Exercise 11 am. Director's Chat 11:30 am Sing-along Do Some Sketches	29 10:30 am Bible Study Via Tele-Conference 1 pm Art Buddies 1-2:30 pm Ripe For Revival Mobile Market Attend A Bible Study Class Near You	30 10 am Chair Exercise 11 am Recorded Music 12 pm Bingo \$2.00 Have Fun Doing Chair Exercise	31 10:30 am Laughter Yoga Pretend You Saw A Ghost (Laugh)	Tele-Conference (Dial in #: 1-(425) 436-6371) (Access Code: (8824718#)) Up Coming Trips: Farmers Market & State Fair. September is Senior Month, Ideas Are Welcome	