



## Murfreesboro Nutrition Site Drop in, Special, and Virtual Activities

320 West Main St. Murfreesboro, NC 27855

### Drop Ins

Monday thru Friday: Brain Teasers/Coloring/Games

Monday thru Fridays: Computer Lab

Monday thru Friday: Newspapers

Monday thru Friday: Fitness Equipment

Monday thru Friday: Pool Table

Monday thru Friday: Socializing

### Special Events

Thursday, September 8th: **Mobile Health Screening Unit @9:30am-1:30pm (pg. 13)**

Friday September 9th: **Ice Cream Social @ 12:45pm**

Wednesday, September 14th: **Pizza Day**

Thursday, September 15th: **What's on your Plate? @10:30am-11:30am (pg. 4)**

Tuesday, September 20th: **Healthy Brain @ 10:30am—11:30am (pg. 19)**

Thursday, September 22nd: **Advance Care Planning @10:00am-11:00am**

Monday –Friday, September 26-30: **Spirit Week (pg. 26)**

Friday September 30th: **National Senior Center Month Raffle Drawing (pg.17)**

### Virtual and Zoom Events

Fridays, September 2nd, 9th, 16th, 23rd & 30th : **Telephone Bingo @10:30am (pg. 14)**

Tuesday, September 27th: **Hertford County Caregiver Support Group @ 11:00am (pg. 4)**

Tuesdays, September 13th, 20th, & 27th: **Trivia Tuesdays @2:00pm (pg. 24)**



## Murfreesboro Nutrition Site Regular Monthly Activities

320 West Main St. Murfreesboro, NC 27855

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>Movie: Southside With You</b></p> <p><b>Summary</b> Chronicles the summer afternoon in 1989 when the future President of the United States, Barack Obama, wooed the future First Lady, Michelle Robinson, on an epic first date</p> <p><b>*SPECIAL EVENT*</b></p>		<p><b>1</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Group Exercise @ 10:30am</p> <p>Bingo @ 11:00am</p>	<p><b>2</b></p> <p>Breakfast Bunch @ 8:30 @ St. Thomas Episcopal Church in Ahoskie</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p>	
<p><b>5</b></p> <p>Winton Office , Ahoskie and Murfreesboro Sites Closed</p>	<p><b>6</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Craft with Anna @10:00am -11:30am</p>	<p><b>7</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p><b>8</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Group Exercise @ 10:30am</p> <p>Bingo @ 11:00am</p>	<p><b>9</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Pokeno @ 11:00am</p> <p><b>*Ice Cream Social*</b></p>
<p><b>12</b></p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p><b>13</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Crafts with Anna 10:00am-11:30am</p> <p>Bingo @ 11:00am</p>	<p><b>14</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p> <p><b>*Pizza Day*</b></p>	<p><b>15</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Group Exercise @ 10:30am</p> <p>Bingo @ 11:00am</p> <p>Diabetes Support Group 5:30pm-6:30pm @ Vidant Wellness Center in Ahoskie</p> <p><b>*What's on your Plate*</b></p>	<p><b>16</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Pokeno @ 11:00am</p>
<p><b>19</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p><b>20</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p> <p><b>*Healthy Brain*</b></p>	<p><b>21</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p><b>22</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Group Exercise @ 10:30am</p> <p>Bingo @ 11:00am</p> <p><b>*Advance Care Planning 10:00am-11:00am*</b></p>	<p><b>23</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p><b>Movie Day @ 10:00am</b></p>
<p><b>26</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p> <p><b>*Hat Day*</b></p>	<p><b>27</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p> <p>Craft with Anna @10:00am-11:30am</p> <p><b>*Patriotic Day*</b></p>	<p><b>28</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p> <p><b>*Tacky Tourist*</b></p>	<p><b>29</b></p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Group Exercise @ 10:30am</p> <p>Bingo @ 11:00am</p> <p><b>*Tie Day*</b></p>	<p><b>30</b></p> <p>26</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Pokeno @ 11:00am</p> <p><b>*Team Day*</b></p>

**\*SPIRIT WEEK—JOIN THE FUN!\***