

Spring Lake Senior Center
 301 Ruth Street
 Spring Lake, NC 28390
 910-985-1778
 Free for Ages 55 and up :)
 Handicap Accessible



September 2022 highlights:
 National Senior Center Month
 Falls Prevention Awareness
 Hurricane Preparedness/Legal

September 2022

September birthdays for the Senior Center are
**Dorothy Thompson, Sue Cookson, James Ware
 and Leslie Whiten**

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 29	30	31	Sep 1 12:00pm BINGO 2:30pm Left Right Center	2 10:00am Open Gym
5 10:00am CLOSED for LABOR DAY	6 12:00pm BINGO	7 12:30pm POKENO Nickels	8 12:00pm BINGO 2:30pm Left Right Center	9 10:00am Open Gym 12:00pm Gillis Hill Farms Ice 12:00pm First 10 ppl ride in van
12 10:00am Open Gym 11:00am Legal Aid of NC/ 1:00pm Senior Club Mtg	13 12:00pm BINGO 2:30pm Senior Advisory Mtg	14 10:00am Better Health Diabetes Nurse 12:30pm POKENO Nickels	15 12:00pm BINGO 2:30pm Left Right Center	16 10:00am Open Gym 12:00pm Movie at Center 12:00pm Bring your own drink
19 10:00am Open Gym 12:00pm Fall pumpkin craft 12:00pm Must sign up-first 9 ppl	20 12:00pm BINGO	21 12:30pm POKENO Nickels	22 12:00pm BINGO 2:30pm Left Right Center	23 10:00am Open Gym 11:00am Birthday Cake w/ 12:00pm Falls Prevention
26 10:00am Open Gym 12:00pm Slideshow Show & Tell 12:00pm w/ Leslie World Travels	27 12:00pm BINGO	28 12:30pm POKENO Nickels	29 BINGO for Senior Center Month 12:00pm BINGO \$50 cover-all & 3:00pm Left Right Center	30 10:00am Open Gym

Sept is National Senior Center Month & Falls Prevention Awareness week is the 18th-24th. There are sign-ups required for some of the activities this month, so please look carefully. We are still looking for your email address to finish our contact list.