

**Ash Senior Nutrition Site
Activity Calendar**

Calendar is subject to change

Victoria Hine, Manager

Waccamaw Community Building
5859 Waccamaw School Road, Ash, NC 29420
Call 910-754-7636 For Reservations
Operating Hours: 9:30 am.-1:30 p.m.
Tuesday, Wednesday & Thursday
Lunch Served at noon

| Tuesday | Wednesday | Thursday |
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| 4 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 5 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 6 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Bingo 01:00 Puzzles |
| 11 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 12 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 13 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Bingo 01:00 Puzzles |
| 18 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 19 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 20 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Bingo 01:00 Puzzles |
| 25 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 26 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Puzzles Rummikub | 27 09:30 Puzzles 10:45 Exercises 11:30 Stretch 12:00 Lunch 12:30 Bingo 01:00 Puzzles |