

Hilton Senior Center (HSC)

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Lucy Vann - Active Lifestyles Center Supervisor
 Herman Crawley - Recreation Leader

The Hilton Senior Center is available for rentals. Call 591-4853.
 Notary available by appointment only (FREE).

DAILY SCHEDULED PROGRAMS

9am - 5pm, Monday through Friday

MONDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Sportsman Players Day
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:30A Crochet & Knitting Club (Bring a Friend)
- 12:30P Open Table Games (Pool)
- 1:00P Retired Men's Group

TUESDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Pinochle
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 12:30P Open Table Games (Pool)
- 1:00P Retired Men's Group

WEDNESDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:30A Bring a Friend Day
- 12:30P Open Table Games (Pool)
- 1:00P Retired Men's Group

THURSDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:00A Pinochle
- 10:30A Crochet & Knitting Club (Bring a friend)
- 12:30P Open Table Games (Pool)
- 1:00P Retired Men's Group

FRIDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Sportsman Players Day
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 12:30P Open Table Games (Pool)
- 1:00P Retired Men's Group

SPECIAL DATES:

OCTOBER

- 2 - Fri - **CENTER CLOSED for event at BMCC -**
- 6 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 15 - Thurs 9:00A Pinochle Tournament
Register by: Oct. 12
- 27 - Tue 9:00A Breakfast Café - A Taste of Germany \$5, Limited Space, Register by: Oct. 6
- 29 - Thu **Trip to Harrington, DE** (see Trips, pg. 4)

NOVEMBER

- 3 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 17 - Tue 9:00A Breakfast Café - What are you Thankful For, \$5, Limited Space
Register by: Nov. 6
- 18 - Wed - **CENTER CLOSED for event at DMCC -**
- 20 - Fri 10:00A Open House (Cards, Pool, Table Games)

DECEMBER

- 1 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 8 - Tue 9:00A Breakfast Café - Holiday Memories \$5, Limited Space, Register by: Nov. 17
- 18 - Fri 11:30A Tis the Season Social Gathering

* The goal of **Direct Home Health Care** is to assist the elderly and disabled so they can remain in their homes and promote independence in a safe environment.

FISHING FUN!



Participants of the Active Lifestyles Program enjoyed five hours of fishing on the Ocean Eagle in June.
 (L to R): Lin Morrison, Michael Kelly, Gloria Marek, Betty King, Lucy Vann, Charles Jones, Helen Jones, Danny Robinson, Alberta Hatcher and Mabel Guthrie.

Volunteer Opportunities

Denbigh-Lee Hall Senior Center ~ 886-7907

- Computer Instructors needed Monday through Friday. Set your own hours.

Retired and Senior Volunteer Program - 595-9037

- Volunteer opportunities that are right for you, at no cost, and with great RSVP benefits.

Peninsula Agency On Aging ~ 873-0541

- Home Delivered Meals - Deliver meals to frail seniors, and help them live independently in their own homes.
- Medtran Program - Transport seniors to non-emergency medical appointments.