

a week. This next one may be in conjunction with a training class for Rape Advocate under the new Rape Crisis Program of Carteret County, Jane Butler, Director. Arrangements can be made for people to take both courses or either one. Call Helpline to pledge yourself to one of these [247-3023].

4. Speaking of Seniors, [and my goodness, quite a few of us are indeed Seniors these days], here's something to do for yourself: Get over to the Senior Citizen Center at 17th and Fisher Streets in Morehead City [247-2626]. They welcome everyone over 60 to join in the activities, which include a daily hot lunch [free, but donations are accepted], arts and crafts, ceramics, bowling, Flexercise, ping pong, speakers, field trips, and other special classes and events that are offered periodically. Most of these things happen in the mornings, so the center is rather quiet in the afternoons, and Pam Brecheisen, the Director, invites groups to hold meetings in their various rooms. She says that if enough people from PKS are interested in coming to the Center, she can arrange for a van to pick them up and bring them home. Each Friday she sees to it that the weekly menu and activities are printed in the News Times. The Center also accepts gifts of used furniture or clothing. Pam would love to have people drop in for a look round.

MARY DOLL

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Pine Knoll Shores Food Co-op will have a delivery on Saturday, January 31.

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CALENDAR OF EVENTS

JANUARY AND FEBRUARY

- January 26, 1987 - Planning Board 9:00 a.m.
- February 4, 1987 - Community Appearance 1:00 p.m.
- February 10, 1987 - Town Board 2:00 p.m.
- RESCUE SQUAD - First and Third Mondays 7:00 p.m.
- FIRE DEPARTMENT - Second Monday 7:00 p.m.
- GARDEN CLUB - Second Wednesday 9:30 a.m.
- WOMEN'S CLUB - Fourth Friday 10:00 a.m.
- PINE KNOLL ASSOCIATION - Second Thursday 9:30 a.m.

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