

# Chowan Senior Center is location for Thursday Tai Chi classes

**BY CONNIE PARKER**  
Chowan Sr. Center Director

Edenton by 5:30 p.m. Cost is \$8 and deadline is May 27.

• "The Foot Lady," Catherine Stallings, will be at the Chowan Senior Center on June 8 from 9 a.m. until 4 p.m. She will be available to do manicures for \$12, toenail soak and cut for \$15 and pedicures for \$25. Call us at 482-2242 and we will make an appointment for you.

• Golf Tournament - On June 10 we will have a tournament for our Seniors at the Chowan Golf and Country Club in Edenton. Lunch is at 11:30 a.m.

and tee time is noon. Cost is \$20 (includes lunch, green and cart fees). Deadline is June 3. Registration forms can be filled out at the Chowan Senior Center or the Country Club.

• Covered Dish - On June 15 at noon, we will have a luncheon at the Chowan Senior Center. Bring a vegetable dish or dessert and we will provide the chicken and lemonade! Cost is \$1.50 and sign-up deadline is June 10.

• Baseball Game - On June 16, we will leave the Chowan

Senior Center in Edenton at 10 a.m., go to Harbor Park and have a dutch treat lunch before seeing a 12:15 p.m. game between the Norfolk Tides and Pawtucket Red Sox. We will return to Edenton immediately following the game. Cost is \$12 and deadline is June 4.

• "The Sound of Music" - On June 23 we will leave the Senior Center at 4 p.m., have a dutch treat dinner at Darryl's in Greenville, NC and attend the 8 p.m. performance of The Sound of Music" at East Caro-

lina Summer Theatre. Laugh and sing along with the Von Trapp family. This story of hope and determination is a "must see." Cost is \$10 and deadline is June 9.

• Factory Stores of America Outlet Mall Visit - On June 30, we will leave the Senior Center at 7:30 a.m. via big bus, travel to Smithfield, NC and "shop til you drop" at the Outlet Mall. You will be able to shop and have lunch "on your own" at the Outlet Mall until 3:30 p.m. At that time, we will leave and

return to Edenton, arriving back here around 6:30 p.m. Cost is \$10 and deadline is June 9.

**And Keep in Mind...**  
• New Equipment - We have the following new pieces of equipment coming to our Fitness Room in June: NuStep Machine; Recumbent Bike; and Upright Bike.

• Upcoming Fall Trips will include: seeing fall foliage in Pennsylvania Dutch Country; Christmas Show at Noah Theater; Myrtle Beach and Charleston Christmas Trip.

Weekly activities scheduled for the Chowan Senior Center during June include:

• Senior Crafts - Our craft room is open from 8 a.m. to 3 p.m. Monday through Thursday and until 2 p.m. on Fridays.

• Fitness Room - Our fitness room is open from 8 a.m. until 4 p.m. Monday through Thursday and until 2 p.m. on Fridays.

• Bingo - Every Tuesday at the Chowan Senior Center we play Bingo from 1 p.m. to 2:30 p.m. Come join us!

• Senior Aerobics - Every Tuesday and Thursday at the Senior Center we have a 30-minute low impact aerobics class geared for seniors at 10:15 a.m. Come join the fun!

• Toning Class - On Thursdays we will have a 30-minute class starting at 10:45 a.m.

• Senior Bowling - We will resume bowling again in September.

• Senior Sports - Every Tuesday we will have various games set up at the Edenton-Chowan Recreation Department starting at 10:45 a.m. On Wednesdays from 9 a.m. until 11 a.m. indoor games will be set up at the Chowan Senior Center. Table tennis and billiards are set up at the Chowan Senior Center on a permanent basis - play anytime.

• Aqua Aerobics/Fun Swim - We will resume classes in September.

• Tai Chi Class - Every Thursday at 1 p.m., we will have a Tai Chi Class. No class on June 10.

• Birthday Celebration - Come help us celebrate with our participants who have birthdays during June. Party will be held June 2 at 12:15 p.m. No charge to attend.

### June Special Trips and Activities

• Croquet Tournament - On June 1, we will meet at the Edenton-Chowan Rec. Dept. at 10 a.m. to play croquet. Pizza lunch will be at noon. Cost is \$2 and sign-up deadline is May 27.

• Fishing Trip - On June 2 we will leave the Chowan Senior Center at 7:30 p.m., go to Kitty Hawk Pier and enjoy some fishing. Lunch will be "on your own" until 1:30 p.m. We will return to Edenton around 3:30 p.m. Cost is \$3 and sign-up deadline is May 26.

• Ceramics Class - On June 3 and June 17 we will leave the Chowan Senior Center at 1 p.m., go to ceramic shop by van and make the ceramic craft item of your choice.

• Art Class - On June 7 from 9 a.m. until 1 p.m., Doris Grubbs will teach an art class. Cost is \$35 (including materials). Deadline to sign up and pay is June 3.

• "The Parables" - On June 7 we will leave the Senior Center at 10 a.m., go to Frisco's Restaurant in Kitty Hawk, have a dutch treat lunch and see a 1:30 p.m. performance of "The Parables" presented by the Outer Banks Worship Center at the Dream Center Theater. Witness the Parables of the Widow's Mite, the Parable of the Prodigal Son, the Parable of the Found Treasure, the Story of the Rich Young Ruler and more. We will return to

## Cheeseburgers, BBQ chicken at Sr. Center

Meals scheduled to be served at the Chowan Senior Center in Edenton the week of May 31 through June 4 include:

Monday: Glazed baked ham, seasoned snap beans, scalloped potatoes, rolls, margarine, congealed gelatin, orange-pineapple juice, milk.

Tuesday: Fish fillet sandwiches with mayonnaise or tartar sauce, macaroni salad, baked apples, chocolate chip cookies, milk.

Wednesday: Swedish meatballs, broccoli, white rice, wheat bread, gravy, blueberry muffins, orange juice, milk.

Thursday: BBQ chicken, butterbeans, macaroni and cheese, rolls, margarine, congealed gelatin, mandarin oranges, milk.

Friday: Cheeseburgers, baked beans, coleslaw, ketchup and mustard, apple turnovers, milk.

# 4TH ANNUAL MEMORIAL DAY SALE

12 HOURS ONLY  
Saturday, May 29th Doors Open  
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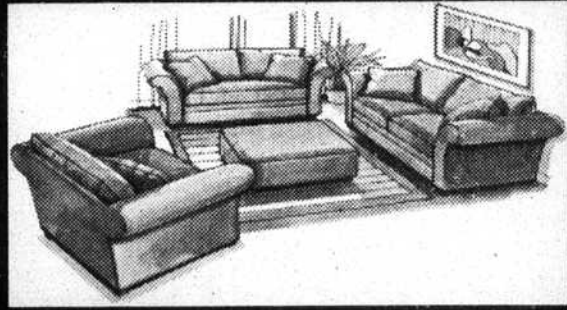
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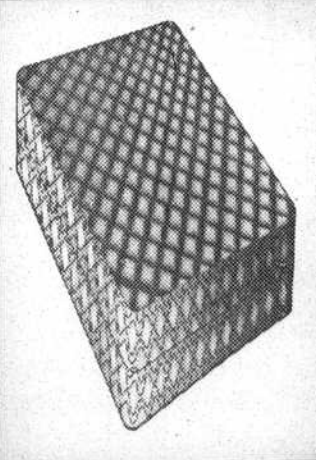
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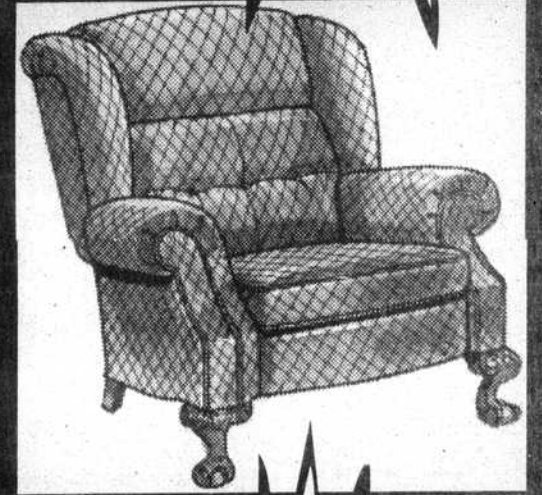
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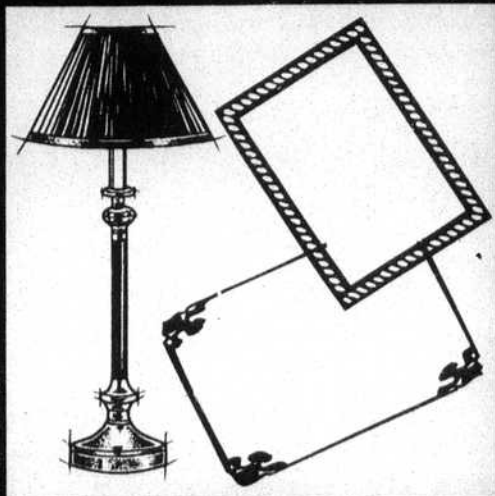
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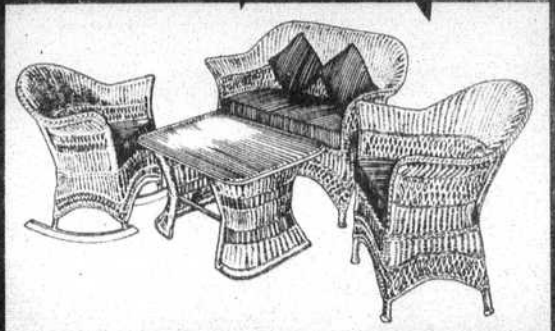
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