

Senior Connection

at the Leon Mann, Jr. Enrichment Center



March- April 2026



“Wherever you go, no matter what the weather,
always bring your own sunshine.”

— Anthony J. D'Angelo

3820 Galantis Drive, Morehead City, NC 28557










Phone: 252-247-2626

Hours: Monday - Friday - 8:00 AM to 5:00 PM

www.facebook.com/CarteretCountySeniorServices

Fitness Room Extended Hours- Tuesday & Thursday 7:00 AM-7:00 PM

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OUR TEAM

Shelly Ashley, Director
Melanie Reed, Assistant Director
Patricia Moorefield-Lilly,
Administrative Assistant
Karyn Jones, Office Assistant
Caroline Wilson, Activities &
Resource Coordinator
Stephanie Hancock, Senior Services
Program Coordinator
Alanna Bucklew, Health & Wellness
Coordinator
Josie Hester, Kitchen Services
Coordinator
Sharon Marion, Kitchen Services
Coordinator
Raheme Jones, Custodian
Michele Lamping, Building Monitor
Suzi Stoffel, Building Monitor
Sasha McClure, Yoga Instructor
Nikki Pitt, Zumba Instructor
Duffy Huffman, Fitness Instructor

Upcoming Meetings

04/18/2026 10:30 AM Aging Planning Board

04/19/2026 10:00 AM Senior Center Advisory Board



Since its inception, the Center has been dedicated to serving citizens aged 50 and older who reside independently or in supportive living arrangements. We offer a wide range of programs and services designed to promote physical and mental well-being, foster social connections, and enhance the overall quality of life. Our Center is a welcoming environment for older adults of all backgrounds. Whether you're seeking a casual place to socialize or looking to stay active and engaged, we have something to offer. From fitness classes to educational seminars, our diverse programming caters to a variety of interests and needs.

Happy Spring!

As we welcome the longer days and the first signs of spring, March and April bring a renewed sense of energy and possibility to our Senior Center. This time of year, always feels like a fresh start—an opportunity to reconnect, try something new, and enjoy the friendships that make our community so special.

Over the past few months, our center has continued to grow—not just in numbers, but in spirit. From fitness classes and creative workshops to educational programs and social gatherings, it has been inspiring to see so many of you staying active, engaged, and supportive of one another. Your participation and enthusiasm are what truly bring this center to life.

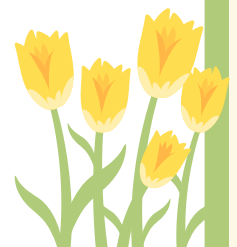
This spring, we are excited to continue to promote wellness of mind and body. Be sure to check the calendar for upcoming health seminars, day trips, technology assistance sessions, and special seasonal celebrations. Whether you're interested in learning a new skill, improving your fitness, or simply sharing a cup of coffee with friends, there is something here for everyone.

I also want to take a moment to thank our dedicated staff and volunteers. Their commitment, compassion, and hard work ensure that our center remains a welcoming and vibrant place for all. If you see them around the building, please join me in expressing your appreciation.

As always, my door is open. I welcome your ideas, feedback, and suggestions as we continue working together to make our Senior Center a place where everyone feels valued, connected, and inspired.

Wishing you a joyful and healthy start to the spring season. I look forward to seeing you at the center!

~Shelly Ashley, Senior Services Director



Hello Spring

THE SPRING EQUINOX

WHAT IS IT?
For those of us living in the Northern hemisphere, the spring (or vernal) equinox marks the start of the spring season. At this time of the year, the daytime & nighttime are about the same length, but the daylight is getting longer each day.

The Earth is about **93 MILLION MILES** from the Sun!

SPRING EQUINOX (March)

SUMMER SOLSTICE (June)

WINTER SOLSTICE (December)

AUTUMNAL EQUINOX (September)

The Earth is tilted at an angle of 23.45°

The Earth is always moving around the Sun.

REFLECT
Take time to reflect on the seasonal patterns of our natural world. Observe the location of the sun in the sky, and how the longer days affect plants, animals, and us.

NOTICE
Take a walk and notice the changes happening outside. Observe the location of the sun in the sky above. Pause and notice animal behavior as well as how plants and trees are changing.

CELEBRATE
Spring is a time of new life and growth. Celebrate everything that springs to life during this season & everything nature provides.

SUPER NATURE ADVENTURES


DAYLIGHT SAVINGS TIME

MARCH 8, 2026

SPRING FORWARD



SUNSHINE ON MY MIND CHALLENGE

- WALKING ON SUNSHINE**
Enjoy a 10 minute stroll outside.
 - SHARE THE LIGHT**
Sincerely compliment someone you do not know well.
 - SOAK UP THE VIEW**
Spend 15 minutes sitting outside.
 - GOLDEN MEMORIES**
Share a story about a favorite springtime memory.
 - WEAR YOUR RADIANCE**
Come to the center in your favorite color.
 - PLANT A SEED**
"Plant" a kind thought in someone's day.
 - THE BRIGHT SIDE**
Write one thing you are grateful for below.
-  I am grateful for:

Move Into the Light

As the days grow longer, it's the perfect time to focus on strength, balance, energy, and overall well-being. March and April are filled with opportunities to stay active, informed, and engaged in your health.

Exercise • Win • Learn • Have fun

BINGOize®

2026

Come Join the FUN!
20 classes per session
Tuesdays & Thursdays from 10- 11am
(see the monthly calendar for dates)
Multipurpose Room-B
Free prizes!! Free smiles!!

LOOKING FOR A FUN WAY TO BE MORE ACTIVE?
Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit.

**Spring Session Begins 3/3/2026-
BEE There!!**

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CARTERET COUNTY HEALTH DEPARTMENT

DIABETES SCREENING EVENT

INTERESTED IN SEEING IF YOU ARE AT RISK FOR PRE-DIABETES?

DATE: THURSDAY MARCH 12 2026

TIME: 9AM-11AM

LOCATION: LEON MANN ENRICHMENT CENTER, ROOM 117

*MUST BE 18+ TO BE SCREENED

ENC PREVENT DIABETES



Health & Wellness

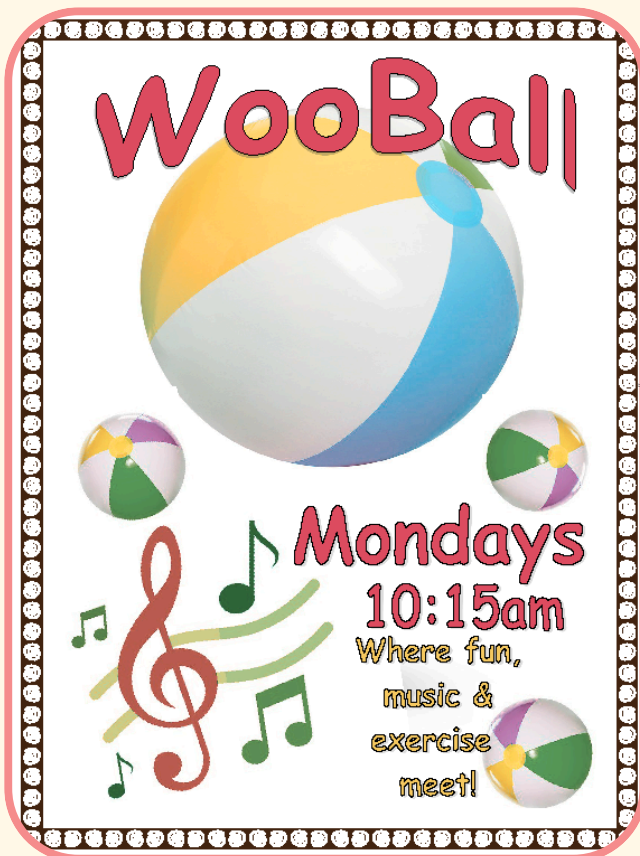
👉 Weekly Wellness Opportunities

Join us each week for:

- Group Fitness & Flexercise – Strength, balance & endurance
- Tai Chi, Yoga, Chair Yoga, Stretchercise – Gentle movement for flexibility & fall prevention
- Zumba Gold & Coastal Beats Cardio Drumming – Cardio with fun, low-impact rhythm
- Happy Feet Walking Club – Step into fresh air and friendship
- Bingocize – Fitness meets brain health in a fun format
- Chair Volleyball & WooBall – Movement and teamwork

These programs support mobility, heart health, and social connection.

See the full weekly schedule on the monthly activities calendars..



WooBall

Mondays
10:15am
Where fun,
music &
exercise
meet!

The poster features a large beach ball in the center, with smaller beach balls and musical notes scattered around it. The text is in a playful, colorful font.



The Leon Mann Jr., Enrichment Center Presents:

Coastal Beats
CARDIO
DRUMMING

Get Moving to the Rhythm of the Coast!
Looking for a fun, energizing, and low-impact workout?

Join **Coastal Beats**, a cardio drumming class that combines up-beat music, rhythmic movement, and a splash of seaside spirit, all in a supportive environment tailored for:

- Anyone 50+
- All fitness levels (sitting or standing...you got this!)
- Those looking to improve coordination, balance, & mood while having a blast!

What is Cardio Drumming?
A full-body workout using:

- Exercise balls & drumsticks
- Easy-to-follow rhythms
- Fun music from beach tunes to golden oldies!

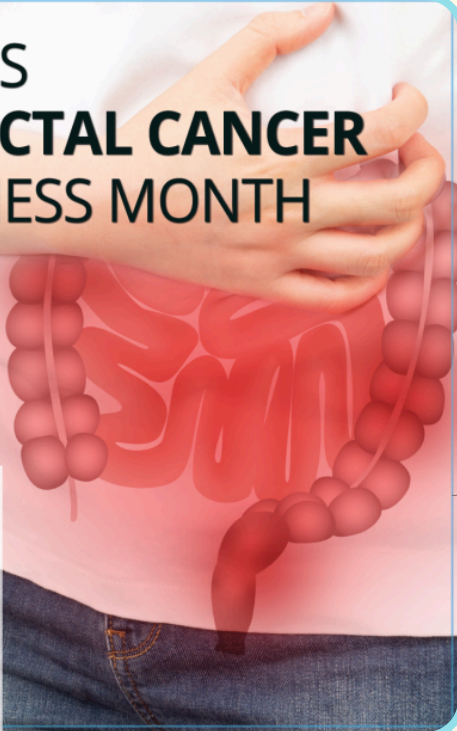
No experience needed. Just bring your energy, your smile, water bottle, comfortable shoes, and your sense of rhythm!

Join the Beat... Coastal Beats!
Fridays at 1:15pm
LMEC is located at 3820 Galantis Dr., MHC 28557

The poster features illustrations of two people drumming on exercise balls, musical notes, and waves. The text is in a bold, colorful font.

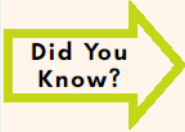


MARCH IS COLORECTAL CANCER AWARENESS MONTH



Cancer Prevention & Early Protection Seminar

LEARN. PREVENT. PROTECT.



- About 1 in 2 men and 1 in 3 women in the U.S. will develop cancer in their lifetime.
- Many cancers can be prevented or detected early through healthy lifestyle choices and routine screenings.

Join us for an informative and empowering session focused on practical steps you can take to lower your cancer risk.

Presented by: Carteret County Health Department



Thursday, April 23rd 2026

12 PM - 1 PM

Leon Mann Jr. Enrichment Center Room 117

TAKE CHARGE OF YOUR HEALTH — PREVENTION STARTS WITH KNOWLEDGE!

CHC Offers Health Screenings!



COMMUNITY HEALTH SCREENINGS



1st Monday of the Month
9:00-10:00AM

Blood Pressure Checks

Stay proactive about your health with our health screening services. Early detection of potential health issues can make a significant difference in treatment outcomes and overall well-being.

SERVICES PROVIDED BY:
CARTERET HEALTH CARE
@LEON MANN, JR. ENRICHMENT CENTER
3820 GALANTIS DR
MOREHEAD CITY, NC
252-247-2626



Senior Games & SilverArts –
At a Glance

- 39th Edition of Carteret County Senior Games & SilverArts
- Open to adults 50 and better
- Registration is now open
- Opening Ceremonies: March 30
- Events run through April 28
- Includes both athletic and creative arts opportunities
- Awards Luncheon concludes the season
- Full schedule available at: ccpr.recdesk.com (Senior Games tab)
- Contact: Darlene Austin 252-222-5858



Carteret County Senior Games 2026 Schedule of Events

ABTP=Atlantic Beach Town Park
 CCAW=Cape Carteret Aquatic & Wellness MAC=MacDaddy's Bowling Center
 CCS=Carteret County Speedway MHCRC=Morehead City Recreation Center
 CIVIC=Crystal Coast Civic Center SHGC=Star Hill Golf Club
 FBP=Fort Benjamin Park WCHS=West Carteret High School

Date	Time	Event	Location
Monday March 30	9am-11am	Opening Ceremonies	CIVIC
	9am-11am	Performing Arts and Cheer Show	CIVIC
Tuesday March 31		Pickleball Doubles/Women	
Wednesday April 1	10am	Pickleball Doubles/Men	CIVIC
Thursday April 2		Pickleball Mixed Doubles	
Monday April 6	8am	Silverstriders Fun Walk	FBP
	9am-11am	Silverarts Drop off	FBP
Tuesday April 7	9am	Bocce	FBP
Wednesday April 8	9am	Billiards	FBP
Thursday April 9	9am	Football Throw	FBP
	10am	Softball Throw	FBP
Friday April 10	9am	Track & Field	WCHS
Monday April 13	10am	Croquet	FBP
Tuesday April 14	9am	Shuffleboard	FBP
Wednesday April 15	9am	Cornhole	CIVIC
Thursday April 16	10am	Table Tennis	FBP
Friday April 17	5-6:30 pm	Silverarts Reception and Art Pickup	FBP
Monday April 20	9am	Mini Golf	ABTP
Tuesday April 21	10am	Cycling	CCS
	2pm	Swimming	CCAW
Wednesday April 22	9am	Basketball Shoot	MHCRC
	10am	Bowling	MAC
Thursday April 23	9am	Golf	SHGC
Friday April 24	9am	Horseshoes	FBP
Tuesday April 28	11am-1pm	Finale/lunch/medal presentations	CIVIC





MARCH MADNESS SPIRIT WEEK

Join us for a fun-filled week celebrating March Madness and all things basketball!

— March 16-20, 2026 | Leon Mann, Jr. Enrichment Center —

- Monday, March 16 —
Wacky Tacky Day!
Dress in your craziest, tackiest outfit!
- Tuesday, March 17 —
Saint Patty's Day!
Wear your green and shamrocks!
- Wednesday, March 18 —
Favorite Team Day!
Wear your college or sports team gear!
- Thursday, March 19 —
Hat Day!
Show off your favorite hat!
- Friday, March 20 —
Spring Has Sprung!
Wear your floral and spring attire!

Come join the fun and show your spirit!!
Not a member? Join today!

Leon Mann, Jr. Enrichment Center is located at 3820 Galantis Drive in Monroeville City • 252-247-2626

Get In. Get Moving.
Get Involved!



Call out "Bingo!"

Lift your voice at Senior Sing.
Hop on the bus for a Field Trip adventure.

There's something happening — and it's waiting for you.

Let's stay active, stay connected, and keep the sunshine shining all season long!



Every Friday at 8:30am

Sea Steppers

Line Dancing

Where Coastal Charm Meets Classic Line Dancing Rhythm!

Where: Leon Mann, Jr. Enrichment Center
No Experience Needed! Just Bring Your Smile & Comfortable Shoes



Arts & Crafts

Wednesdays 9:30am

Crafting joy, one project at a time!



Twisted Sisters

Knitting & Crochet Group

Tuesdays & Thursdays 9:00am

Come Twist With Us!

Activities & Social Events

A Season of Celebration

From springtime festivities to honoring those who serve, April is filled with moments that shine. We'll kick off the month with our joyful Easter Party & Egg Hunt, complete with music, special guests, and plenty of smiles. Later in the month, we'll gather to recognize and celebrate the incredible volunteers who give their time and heart to our center during our Volunteer Recognition Celebration. We look forward to celebrating together and sharing the sunshine all month long!



YOU ARE INVITED TO

LMEC

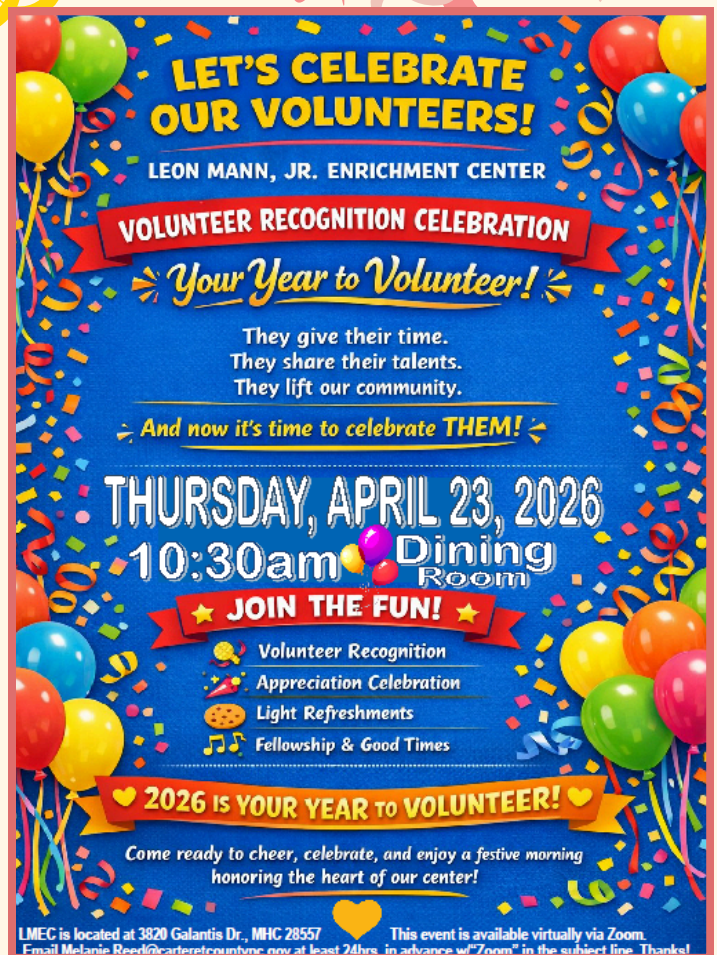
Easter Party & Egg Hunt

Wednesday
April 1, 2026

10:00am Dining Room

Entertainment by Ms. E & Spirit Singers
Special Appearance from...
the Easter Bunny!

LMEC is located at 3820 Galantis Dr., MHC 28557 This event is available virtually via Zoom.



LET'S CELEBRATE OUR VOLUNTEERS!

LEON MANN, JR. ENRICHMENT CENTER

VOLUNTEER RECOGNITION CELEBRATION

Your Year to Volunteer!

They give their time.
They share their talents.
They lift our community.

And now it's time to celebrate THEM!

THURSDAY, APRIL 23, 2026
10:30am Dining Room

JOIN THE FUN!

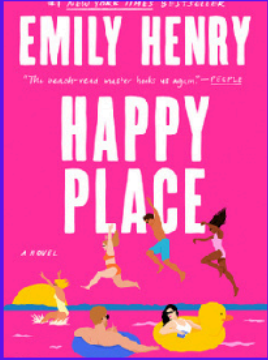
- Volunteer Recognition
- Appreciation Celebration
- Light Refreshments
- Fellowship & Good Times

2026 IS YOUR YEAR TO VOLUNTEER!

Come ready to cheer, celebrate, and enjoy a festive morning honoring the heart of our center!

LMEC is located at 3820 Galantis Dr., MHC 28557 This event is available virtually via Zoom. Email Melanie.Reed@cartercountynv.gov at least 74hrs. in advance w/Zoom in the subject line. Thank!

PAGE TURNERS BOOK CLUB




The Leon Mann Center in collaboration with the Beaufort Library joins you each month to talk about a new book. March's book selection is: *Happy Place* by: Emily Henry. We will meet in the art room (#118) on **Tuesday, March 24, 2026 at noon**. We look forward to seeing you there!

Leon Mann Center
3820 Galantis Dr,
Morehead City, NC
28557
(252) 247-2626

Facilitators:
Caroline Wilson
Millie Sparks

"Available virtually via Zoom: Email Melanie.Reed@carteretcountync.gov at least 24 hours in advance with "Zoom" in the subject line. Thank you!

Bible Study
with
Grace Baptist Church
Thursdays
Join Us **10:00am**
All Our Welcome




Did you know we have a library & computer lab available to all of our members?



Registration Required, Space Limited

Free Digital Skills Classes
Leon Mann Jr. Enrichment Center
3820 Galantis Drive
Morehead City, NC 28557

Please bring your phone and join us for any of the following sessions:

Microsoft Word 101
February 17, 2026 10:00 AM - 11:30 AM

Microsoft Excel 101
February 24, 2026 10:00 AM - 11:30 AM

Smartphone Essentials
March 3, 2026 10:00 AM - 11:30 AM

Smartphone Apps & More
March 10, 2026 10:00 AM - 11:30 AM

CALL (252) 247-2626 TO REGISTER





Empowering everyone to digital technology and literacy.

Powerful Tools FOR Caregivers

Carteret County Senior Services is looking forward to holding the **Powerful Tools for Caregivers Class** at our center. This free six-week class series gives you the confidence and support to better care for your loved one - and yourself.

March 12 - April 23, 2026
Thursday's
11:30am - 1:00pm



- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

Contact us for registration or to be added to the interest list, should the class be full.

Melanie Reed
252-247-2626
melanie.reed@carteretcountync.gov

Senior Nutrition Program Celebration Month

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health. They also act as a gateway to other home and community-based services like falls prevention programs, chronic disease management resources, and more.

This March, the Leon Mann Jr. Enrichment Center is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country! Our nutrition site serves 30 lunches on average and brings people together to enjoy each other's company during a meal.

Learn more about our program and services by giving us a call or just drop by!

Try something new!

Overnight Oats

Serving Size: 1 container | Serves: 1

Ingredients:

Peanut butter variety

- 1/3 cup old fashioned or quick cooking oats
- 2 tablespoons peanut butter
- 1/3 cup nonfat milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

Tip: Pumpkin and yogurt varieties also available




Directions:

1. Pour all ingredients into a small container (1-2 cup size) with a lid that fits tight.
2. Stir until all ingredients are combined.
3. Seal container with a lid. Store in the refrigerator overnight.
4. Serve for breakfast in the morning with chopped fruit or nuts, if desired.


Nutrition information per serving:

190 calories, 2.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 40mg sodium, 39g total carbohydrate, 6g fiber, 16g sugar, 7g protein

National Nutrition Month Celebration

 Friday, March 27

 10:30 AM

 Dining Room

Join us as we celebrate our nutrition programs- you could win a healthy meal kit if your 'price is right!'



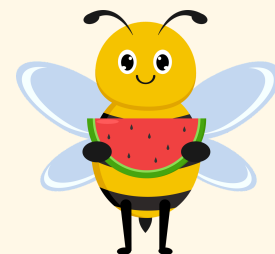
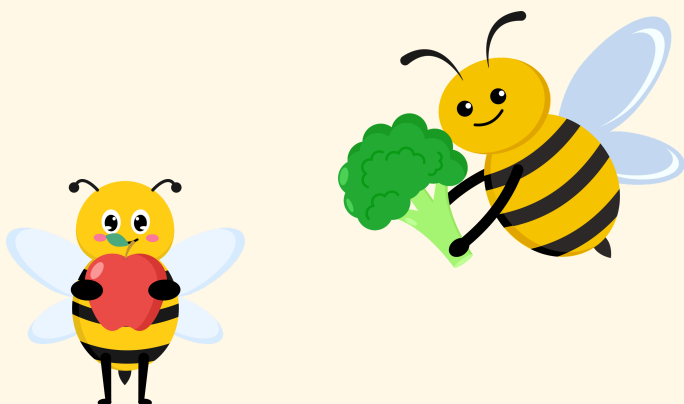
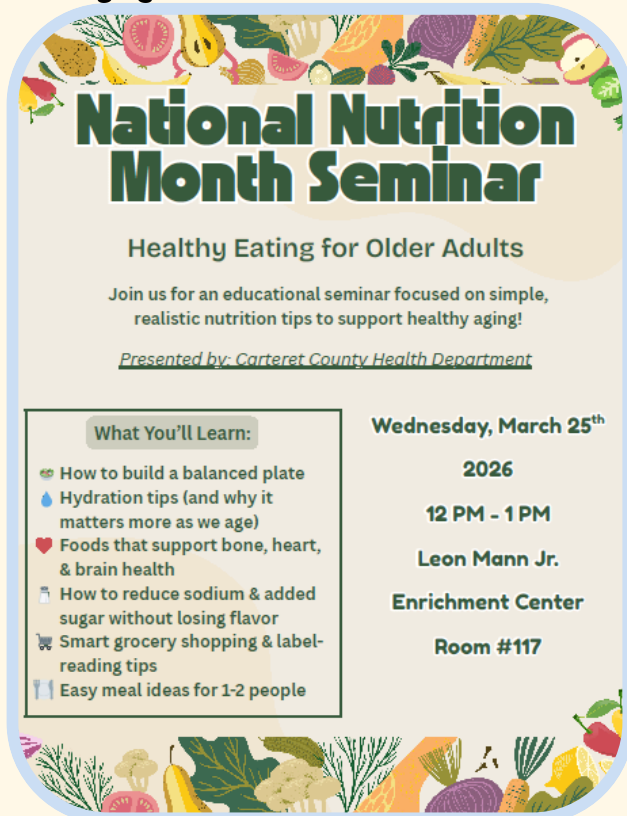

Celebrate the
Senior Nutrition Program
2026 · SERVING UP SOLUTIONS

LET'S CELEBRATE!

**FRIDAY,
MARCH 27TH,**
AT 10:30AM IN THE DINING ROOM

**Come on Down
&
Play the Price is Right!**

**JOIN US FOR A CHANCE TO
WIN A HEALTHY MEAL KIT!**







National Nutrition Month Seminar

Healthy Eating for Older Adults

Join us for an educational seminar focused on simple, realistic nutrition tips to support healthy aging!

Presented by: Carteret County Health Department

What You'll Learn:

-  How to build a balanced plate
-  Hydration tips (and why it matters more as we age)
-  Foods that support bone, heart, & brain health
-  How to reduce sodium & added sugar without losing flavor
-  Smart grocery shopping & label-reading tips
-  Easy meal ideas for 1-2 people

Wednesday, March 25th

2026


12 PM - 1 PM


Leon Mann Jr.

Enrichment Center

Room #117

National Nutrition Month Seminar

 Wednesday, March 25

 12:00 PM

 Room #117

Presented by Carteret County Health Department National March is National Nutrition Month – a perfect time to refresh healthy habits.

For Smiles



Sunny Dayz

Lyric & Artist Match



Match each lyric to the artist.

- | | | |
|------------------------|--------------------------|---|
| 1. The Doors | <input type="checkbox"/> | I've got sunshine on a cloudy day... |
| 2. Beach Boys | <input type="checkbox"/> | Sunshine on my shoulders makes me happy... |
| 3. Bill Withers | <input type="checkbox"/> | Ain't no sunshine when she's gone.. |
| 4. Stevie Wonder | <input type="checkbox"/> | Here comes the sun, and I say, it's alright... |
| 5. The Animals | <input type="checkbox"/> | You are the sunshine of my life... |
| 6. John Denver | <input type="checkbox"/> | It's gonna be a bright, bright, sunshiny day... |
| 7. Elton John | <input type="checkbox"/> | Waiting for the sun, waiting for the sun, waiting, waiting... |
| 8. Katrina & the Waves | <input type="checkbox"/> | I'm gonna soak up the sun... |
| 9. Sheryl Crow | <input type="checkbox"/> | Still I have the warmth of the sun... |
| 10. The Beatles | <input type="checkbox"/> | Walking on sunshine, whoa! |
| 11. Johnny Nash | <input type="checkbox"/> | Don't let the sun go down on me... |
| 12. The Temptations | <input type="checkbox"/> | They call the Rising Sun... |

🎵 New to QR Codes?



Open your phone's camera
Hold it steady over the QR code
Don't take a photo- Tap the link that appears
The playlist will open automatically
If nothing pops up, ask us – we'll walk you through it!

You may need the free Spotify app to listen.

[Sunshine on My Mind](#)



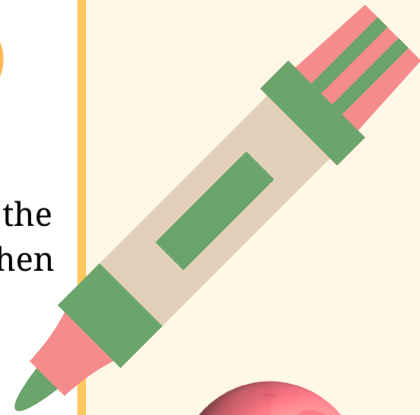



SUNSHINE CHALLENGE BINGO

Try the activities listed on the Bingo card throughout March and April.

Each time you complete an activity, mark off the square. Be one of the first 25 to get a straight BINGO to receive a prize-See **Stephanie!** When you get a BLACKOUT, you will be entered for a special drawing.

Senior Happenings	Flexercise	Health Dept Seminar	Happy Feet Walking Club	Pictionary
Group Fitness	Computer Lab, Billiards, or Twisted Sisters	Chair Volleyball	Party	Check out a Book or Puzzle
Book Club	Sea Steppers	Blood Pressure Check or Health Screening	Yoga or Chair Yoga	Fitness Center
Scrabble, Dominoes or Cards	Woo Ball	Tai Chi	Bingocize	Senior Sing
Stretcherise	Arts & Crafts	Spirit Day	Coastal Beats Cardio Drumming	General Store



The SHAMROCK 
 called the "seamroy" by the Celts, symbolized the **rebirth of spring** in ancient Ireland

-Source: history.com





Carteret County Senior Services
Leon Mann, Jr. Enrichment Center
3820 Galantis Drive, Morehead City, NC 28557
(252) 247-2626



Information & Assistance

The Center is not just a place for recreational activities. Our staff is trained to help you access important resources and services throughout Carteret County. If you need assistance to connect to resources for older adults throughout the community, we can help! All too often, families with older adults are not prepared or ready to face a potential health issue and when the moment does strike, it can be a frantic and eye-opening experience for the family, who may not know where to begin to look for assistance. If you or someone you know needs help, please have them call us so that we can refer them to the right people and quickly get them on the road to recovery! Familiarize yourself with our list of services and programs we can connect you with, so when you need it, you'll know who to call!

RESOURCES

Congregate Meals	Hospice Care	Rehabilitation Services
Disaster Preparedness/Planning	Housing Assistance	Reported Suspected Abuse, Neglect or Exploitation
Durable Medical Equipment/ Assistive Devices	In-home Aid Services	Respite Care
Energy Assistance	Insurance Counseling	Reverse Mortgage
Fitness and Health	Job Placement	Counseling
Food Banks/Pantries	Legal Services	Senior Games
General Transportation	Long-Term Care Facilities	Social Security Benefits
Health Screenings	Medicaid Benefits	Support Groups
Home Health Services	Medicare Benefits (A & B and Part D)	Tax Preparation
Home Repair/Modification	Medical Transportation	Telephone Reassurance
Home-Delivered Meals	Mental Health Services	Wound Care

Opportunities

Consumer Contributions

The Home & Community Care Block grant that supports Congregate Nutrition, Transportation, Home-Delivered Meals and Senior Center Operations requires that participants be provided an opportunity to contribute to the cost of services they are receiving. Anyone wishing to contribute may mail contributions to Carteret County Senior Services, 3820 Galantis Drive, Morehead City, NC 28557 or deposit their donation for Transportation or Lunch in the specified consumer donation box; one located in the front lobby for Transportation and one in the Dining Room for Lunch. Please see a staff member if you need assistance locating one of the boxes.

PLEASE BE ADVISED THAT:

- A contribution is entirely voluntary and there is no obligation to contribute.
- All contributions collected will be used to expand services at the center.
- Information about participation in consumer contributions shall be confidential.
- Services will not be reduced or terminated for failure to contribute.

Questions regarding consumer contributions, please contact the Senior Center (252-247-2626)

Donations

Donations play a vital role in maintaining and expanding the wide range of programs and activities offered at the Senior Center. Donations directly support activity programming and the purchase of essential supplies and equipment, including fitness equipment, billiards cue sticks and chalk, pinochle cards, arts and crafts materials, bingo supplies, and other recreational and sports equipment. Participants attending Friday Night Dances are asked to provide a minimum donation of \$5.00 per event to help offset the cost of the DJ and refreshments.

Donations and consumer contributions are critical to sustaining the ongoing operations of the Senior Center. When considering a donation, we encourage you to reflect on the value of the activities you enjoy here. Consider what similar experiences might cost through a private business—for example, billiards at a commercial hall, a gym membership with fitness equipment, or lunch at a local restaurant. You may then wish to contribute a portion of that comparable cost.

Even small contributions make a significant impact. If each person who attends the Center donated just \$1.00 per week, total contributions would amount to approximately \$16,000 annually. Your generosity helps enhance existing programs, introduce new opportunities, and ensure that the Senior Center continues to serve our community effectively. Thank you for your continued support.

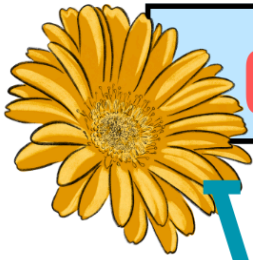
The most current Carteret County Financial Report is always available for viewing online at:

<http://carteretcountync.gov/143/Finance>

<https://carteretcountync.gov/ArchiveCenter/ViewFile/Item/1415>

<https://county-carteret-nc-clear.doc.cleargov.com/15120/516702/d>

If you need help accessing these documents, please ask a Center staff member for assistance.



GOLDEN OPPORTUNITY TO BECOME A VOLUNTEER

Library, Special Events Assistance, Arts & Crafts, Bingo, Home Delivered Meals Driver, Senior Center Advisory Board, Dining Room Assistant, Computer Tutor, Smartphone Tutor, Exercise Instructor, Home Delivered Meals Goodie Bags Sponsor, Special Events Goodie Bags Sponsor, Seniors' Health Insurance Information (SHIP), Garden, Senior Companion, Translator, 2nd Language Class, Art Instructor, Sign Language, Cheerleading Instructor, Center Tours, Music Instructor, Presentations, Workshops, Monthly Birthday Cake Sponsor, Special Event DJ, Musical Entertainment, Special Event Concessions Sponsor, Field Trip Assistant

If you would like to help **seniors and people with disabilities** in your community who need **accurate information** about **Medicare** and other insurance issues...

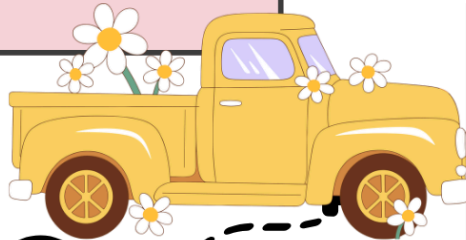


SHIP
NC DEPARTMENT OF
INSURANCE

SHIP Needs You!

SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

MIKE CAUSEY



Home Delivered Meals Drivers Needed

Are you interested in volunteering for 1 route a week or being a substitute driver?



Come join us now!

"We make a living by what we get, but we make a life by what we give." —Winston Churchill