

PROGRAM CALL LIST

The Grace Martin Harwell Senior Center will be glad to call you with notices of cancellations, closing, and special events. If you would like to receive these notifications, check each program that interests you.

- | | | |
|--|--|---|
| <input type="checkbox"/> Fitness Room | <input type="checkbox"/> Computer Lab | <input type="checkbox"/> River Readers |
| <input type="checkbox"/> Billiards | <input type="checkbox"/> Shuffleboard | <input type="checkbox"/> Golden Card Ladies |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Mat Yoga |
| <input type="checkbox"/> BINGO | <input type="checkbox"/> Needlecraft | <input type="checkbox"/> Massages |
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Painting | <input type="checkbox"/> Grief Support |
| <input type="checkbox"/> Canasta | <input type="checkbox"/> Bridge | <input type="checkbox"/> Grandparents |
| <input type="checkbox"/> AHOY | <input type="checkbox"/> Senior Games | <input type="checkbox"/> Raising
Grandchildren |
| <input type="checkbox"/> Walking Program | <input type="checkbox"/> Diabetic Support
Group | <input type="checkbox"/> Caregivers Support |
| <input type="checkbox"/> Pamlico Senior
Citizens Club | <input type="checkbox"/> Helping Hands | <input type="checkbox"/> Quilters Guild |
| <input type="checkbox"/> 80 & Better | <input type="checkbox"/> Mah Jongg | <input type="checkbox"/> Line Dancing |
| <input type="checkbox"/> All Special Notices | <input type="checkbox"/> Brain Builders | |

I DO NOT WISH TO RECEIVE ANY CALLS FROM THE SENIOR CENTER.

Please print your name and phone number(s) you would like for us to call when we have information about the above programs you have selected.

Name _____

Home _____ Cell _____

Email _____

I would like to receive announcements via ___ Home Phone ___ Cell Phone ___ Text ___ Email

Standard text messaging rates apply.

Date _____