

Program Call List

The Grace Martin Harwell Senior Center will be glad to call you with notices of cancellations, closings 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"/> Billiards | <input type="checkbox"/> Shuffleboard |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Tai Chi |
| <input type="checkbox"/> Bingo | <input type="checkbox"/> Needlecraft |
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Painting |
| <input type="checkbox"/> Canasta | <input type="checkbox"/> Bridge |
| <input type="checkbox"/> Ahoy @ Sr. Center | <input type="checkbox"/> Ahoy @ East Haven |
| <input type="checkbox"/> Ahoy @ Chocowinity | <input type="checkbox"/> Senior Games |
| <input type="checkbox"/> Walking Program | <input type="checkbox"/> Diabetes Support Group |
| <input type="checkbox"/> Pamlico Seniors | <input type="checkbox"/> Helping Hands |
| <input type="checkbox"/> 80 & Better | <input type="checkbox"/> Mah Jongg |
| <input type="checkbox"/> All Special Notices | <input type="checkbox"/> Line Dancing |
| <input type="checkbox"/> I do not wish to receive any calls from the Senior Center | |

Please print your Name and the Phone number you would like for us to call when we have information about the above programs you have selected.

Name _____

Home _____ Cell _____

I would like to receive announcements via ___ Phone ___ Text ___ Both

Date _____