

# The Sup+per Club

people+people=a community of care and support for our elders

**Promoting optimal quality of life, health and wellbeing for seniors**

A G.E.M. Center Program  
Executive Director Gail Sonnesso, MS, QDCP  
PH: 252.480.3354

EMAIL [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com)

WEB: [www.thegemcenter.org](http://www.thegemcenter.org)

Address: P.O. BOX 3601 Kill Devil Hills, NC 27948



## MONTH of MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Program w/ Purpose</b> Exercise, Craft & Bingo DCC 11:00-2pm Support Group	2	3
4	5	6 Caregiver Conference <b>Barton</b> <b>College call</b> <b>ALZNC for</b> <b>more info</b>	7	8	9	10
11	12	13 <b>Learning &amp; Enrichment</b> 2:30 4pm Aquarium w/ Kaye White Craft & Tour	14 <b>Snackin'</b> w/ a <b>Specialist</b> <b>Sleep Apnea</b> <b>W/ Kim</b> <b>Baum Center</b> 3pm	15	16	17
18	19	20	21 <b>SUP+PER CLUB</b> Craft Music UUCOB KH 3-6pm	22	23	24
25	26 Caring Effectively COA 9:30-1:30 Gail Sonnesso	27	28 Caring Effectively COA 9:30-1:30	29	30 Caring Effectively COA 9:30-1:30	31

**UPCOMING EVENTS**  
**Dare County Center**

**Thursday March 1, 11:00 -2pm**

**11- 2 Program with a Purpose**

**Call Gail Sonnesso for info about  
Respite during the support group  
Program with a Purpose**

- 1) Bingo with Papa John
  - 2) Chair Exercise with Alex
  - 3) Lunch
  - 4) Cards & Gifts for homebound folks
- Call Gail @ 480-3354 to register

**11-12 Caregivers Support Group**

**Call Ann Groves @252-413-8848 for Info**

**Tuesday March 7<sup>th</sup> 3-4:30**  
**Snackin' with a Specialist**

Kimberly Chalot, NP-C  
Baum Senior Center KDH

**Topic:** Sleep Apnea  
Albemarle Hospital

**Tuesday March 13<sup>th</sup> 2:30 -4:00**  
**Learning and Enrichment at the Aquarium**

- 1) Entrance Fee waived by Aquarium
- 2) Tour w/ Kay White
- 3) Marine Craft \* Additional Charge TBA

Call Gail @ 480-3354 to register

**Wednesday March 21, 3-6pm**  
**SUP+PER CLUB**

UUCOB Kitty Hawk

- 1) Exercise
- 2) Craft
- 3) Music
- 4) Dinner

Call Gail @ 480-3354 to register

March 26,28,30

Caring Effectively 9:30 -1:30

COA's Manteo Campus

Call Sherri @ 473 2264 x225 to register