



SENIOR ACTIVITIES

October

Hours of operation
Monday – Friday
10:00 am – 4:00 pm

MONDAY (MIND & MOTIVATION)	TUESDAY (GAMES & GIGGLES)	WEDNESDAY (WELLNESS & WISDOM)	THURSDAY (TEACHING & TOGETHERNESS)	FRIDAY (FUN & FELLOWSHIP)
	OCTOBER SPONSOR 		1 12:30pm – Prisma Health – Lunch & Learn (Sign-up) 1:30pm – Quilting & needle point	2 12:00pm – Canned Food Gourmet: dish must feature at least one ingredient from a can 1:00pm – Bowling @ Gamecock
5 12:30pm – Brain Health Through art – Community Memory Quilt 1:30pm – Mahjong & diamond art	6 12:30pm – Bingo 1:30pm – Quilting & needle point	7 11:00am – Bible Study 12:30pm – Creating Connections 1:30pm – Mahjong & diamond art	8 12:30pm – Skewer Sculptures (sign-up) taught by Zoe from Sumter Gallery of Arts 1:30pm – Quilting & needle point	9 12:00pm – Kebab- anything on a stick. 1:00pm – Bowling @ Gamecock
12 12:30pm – Brain Health Through art – Create It, Solve It 1:30pm – Mahjong & diamond art	13 12:30pm – Stuffing candy bags for Christ Community Church 1:30pm – Quilting & needle point	14 11:00am – Bible Study 12:30pm – Debra Sage Grief topic – Loneliness 1:30pm – Mahjong & diamond art	15 12:30pm – Thrills and Chills Movie Theater: fresh popcorn with a projected movie, TBD 1:30pm – Quilting & needle point	16 12:00pm – Black, orange, or purple colored dish. 1:00pm – Bowling @ Gamecock
19 12:30pm – Brain Health Through art – Fall Memory Collage 1:30pm – Mahjong & diamond art	20 12:30pm – Bingo 1:30pm – Quilting & needle point	21 11:00am – Bible Study 12:30pm – Sabrina –Tandem Health 1:30pm – Mahjong & diamond art	22 12:30pm – Halloween Scavenger Hunt 1:30pm – Quilting & needle point	23 Building closed for prom set up 1:00pm – Bowling @ Gamecock
26 12:30pm – Brain Health Through art – Pumpkin Pattern Art 1:30pm – Mahjong & diamond art	27 12:30 pm – Family Feud 1:30 pm – Quilting & Needle point	28 11:00am – Bible Study 12:30pm – At Your Service Homecare 1:30pm – Mahjong & diamond art	29 12:30pm – Book Club – TBD 1:30pm – Quilting & needle point	30 12:00pm – Birthday celebration 1:00pm – Bowling @ Gamecock



SENIOR ACTIVITY DESCRIPTIONS

Bible Study: Meaningful discussion and fellowship centered on scripture.

Bingo: A classic favorite with prizes, fun, and friendly competition.

Book Club: Discuss selected books and enjoy engaging conversation.

Brain Health: Engaging activities designed to support memory, focus, and cognitive skills.

Crafts: Hands-on creative projects including painting, seasonal decorations, and DIY fun.

Diamond Art: Create sparkling artwork with relaxing and detailed designs.

Gamecock Bowling: A fun bowling-style game great for light exercise and competition. \$2 per game

Gardening: Learn how to care for our indoor and outdoor plants.

Lunch & Learn: Enjoy a meal while hearing from guest speakers on helpful topics.

Mahjong: A classic tile-based game combining strategy and social fun.

Monthly Birthday Celebration: Celebrate monthly birthdays with treats and recognition.

Potlucks: Share a dish and enjoy community dining together.

Quilting & needlepoint: A creative group for sewing, stitching, and crafting while sharing skills.

Trivia: Test your knowledge with fun and challenging questions on a variety of topics.

Wellness Education: Learn about healthy living and wellness.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.