



SENIOR ACTIVITIES

November

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)
2 12:30pm – Brain Health Through art 1:30pm – Mahjong & diamond art	3 12:30pm – Bingo 1:30pm – Quilting & needle point	4 11:00am – Bible Study 12:30pm – Mental Wellness as we age 1:30pm – Mahjong & diamond art	5 12:30pm – Prisma Health – Lunch & Learn (sign-up) 1:30pm – Quilting & needle point	6 12:00pm – Soups or Stew 1:00pm – Bowling @ Gamecock
9 12:30pm – Brain Health Through art 1:30pm – Mahjong & diamond art	10 12:30pm – Family Fued 1:30pm – Quilting & needle point	11 11:00am – Bible Study 12:30pm – Learn the art of kinusaiga (traditional Japanese textile art) (sign-up) 1:30pm – Mahjong & diamond art	12 12:30pm – Arts and Crafts taught by Zoe from Sumter Gallery of Arts – Pattern Printmaking (sign-up) 1:30pm – Quilting & needle point	13 12:00pm – Barrel of Apples (make something with apples) 1:00pm – Bowling @ Gamecock
16 12:30pm – Brain Health Through art 1:30pm – Mahjong & diamond art	17 12:30pm – Bingo 1:30pm – Quilting & needle point	18 11:00am – Bible Study 12:30pm – Sabrina –Tandem Health 1:30pm – Mahjong & diamond art	19 12:30pm – Thanksgiving Movie (planes, trains, and automobiles) fresh popcorn 1:30pm – Quilting & needle point	20 12:00pm – Friendsgiving potluck Bring your favorite dish. 1:00pm – Bowling @ Gamecock
23 12:30pm – Brain Health Through art 1:30pm – Mahjong & diamond art	24 12:30pm – Family Fued 1:30pm – Quilting & needle point	25 11:00am – Bible Study 1:30pm – Mahjong & diamond art	26 Closed for Thanksgiving	27 12:00 pm – Birthday Celebration 1:00pm – Bowling @ Gamecock
30 12:30pm – Brain Health Through art 1:30pm – Mahjong & diamond art				NOVEMBER SPONSOR 

YMCA SENIOR CENTER

510 Miller Road, Sumter, SC 29150

803-774-2487

ymcasumter.org



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.

Bowlings: Individuals meet up at Gamecocks Lanes (817 Broad Street) for bowling. Shoes included, \$5 per game.

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.