





SENIOR ACTIVITIES

May

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

MONDAY (MIND & MOTIVATION)	TUESDAY (GAMES & GIGGLES)	WENESDAY (WELLNESS & WISDOM)	THURSDAY (TEACHING & TOGETHERNESS)	FRIDAY (FUN & FELLOWSHIP)
		MAY SPONSOR 		1 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – International Potluck 1:00pm – Bowling @ Gamecock 2:00pm – Movie
4 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	5 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Bingo 1:30pm – Quilting & needle point	6 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Wellness Education 1:30pm – Bible Study 1:30pm – Mahjong & diamond art	7 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Lunch & Learn 1:30pm – Quilting & needle point	8 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Throwback Potluck 1:00pm – Bowling @ Gamecock 2:00pm – Movie
11 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	12 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Trivia 1:30pm – Quilting & needle point	13 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Wellness Education 1:30pm – Bible Study 1:30pm – Mahjong & diamond art	14 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Craft 1:30pm – Quilting & needle point	15 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Backyard BBQ Potluck 1:00pm – Bowling @ Gamecock 2:00pm – Movie
18 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	19 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Bingo 1:30pm – Quilting & needle point	20 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Wellness Education 1:30pm – Bible Study 1:30pm – Mahjong & diamond art	21 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Book Club 1:30pm – Quilting & needle point	22 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Alphabet potluck 1:00pm – Bowling @ Gamecock 2:00pm – Movie
25 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	26 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Trivia 1:30pm – Quilting & needle point	27 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Wellness Education 1:30pm – Bible Study 1:30pm – Mahjong & diamond art	28 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Karaoke 1:30pm – Quilting & needle point	29 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – May birthday celebration 1:00pm – Bowling @ Gamecock 2:00pm – Movie



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.

Coffee & Conversation: Start your day with a warm cup of coffee and friendly conversation. This relaxed gathering is a great way to connect and build friendships.

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

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

Game of Choice: Enjoy a variety of games based on your interests including cards, board games, and puzzles.

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

Karaoke: Sing your favorite songs or cheer others on in a fun setting.

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.

Movie Time: Enjoy a featured film in a comfortable group setting.

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 including nutrition, and wellness.

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