



SENIOR ACTIVITIES

June

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)
1 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain Games 1:30pm – Mahjong & diamond Art	2 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Bingo 1:30pm – Quilting & needle point	3 10:00am – Coffee & conversation 11:00am – Game of choice 11:00am – Bible Study 12:30pm – Wellness Education 1:30pm – Mahjong & diamond art	4 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Lunch & Learn 1:30pm – Quilting & needle point	5 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Farmers Market Fresh Potluck 1:00pm – Bowling @ Gamecock 1:30pm – Movie
8 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	9 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Trivia 1:30pm – Quilting & needle point	10 10:00am – Coffee & conversation 11:00am – Game of choice 11:00am – Bible Study 12:30pm – Wellness Education 1:30pm – Mahjong & diamond art	11 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Craft 1:30pm – Quilting & needle point	12 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Crockpot Classics Potluck 1:00pm – Bowling @ Gamecock 1:30pm – Movie
15 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	16 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Bingo 1:30pm – Quilting & needle point	17 10:00am – Coffee & conversation 11:00am – Game of choice 11:00am – Bible Study 12:30pm – Wellness Education 1:30pm – Mahjong & diamond art	18 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Book Club 1:30pm – Quilting & needle point	19 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Five Ingredient Potluck 1:00pm – Bowling @ Gamecock 1:30pm – Movie
22 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	23 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Trivia 1:30pm – Quilting & needle point	24 10:00am – Coffee & conversation 11:00am – Game of choice 11:00am – Bible Study 12:30pm – Wellness Education 1:30pm – Mahjong & diamond art	25 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Karaoke 1:30pm – Quilting & needle point	26 10:00am – Coffee & conversation 11:00am – Game of choice 12:00pm – Birthday celebration 1:00pm – Bowling @ Gamecock 1:30pm – Movie
29 10:00am – Coffee & conversation 11:00am – Game of choice 12:30pm – Brain games 1:30pm – Mahjong & diamond art	30 10:00am – Legacy & Family Tree 11:00am – Game of choice 12:30pm – Bingo 1:30pm – Quilting & needle point	<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="856 1356 1234 1437"> <p>PRISMA HEALTH THE TUOMEY FOUNDATION</p> </div> <div data-bbox="1297 1356 1743 1404" style="text-align: center;"> <h2>JUNE SPONSOR</h2> </div> <div data-bbox="1816 1295 1932 1461"> </div> </div>		



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.

Legacy & Family Tree: Reflect on your life stories, family history, and meaningful memories to create something future generations can treasure.

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.