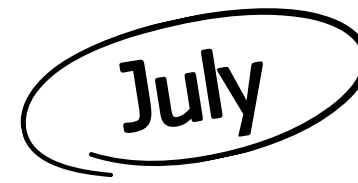






SENIOR ACTIVITIES



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)
	JULY SPONSOR Brinson Fence Company 	1 11:00am – Bible Study 12:30pm – Wellness Ed. – Jason Dubose with Griswold- Fall Risk Screening (sign up) 1:30pm – Mahjong & diamond art	2 11:00am – Legacy & Family Tree 12:30pm – Lunch & Learn (Sign up required) 1:30pm – Quilting & needle point	3 12:00pm – Red, White or Blue Potluck 1:00pm – Bowling @ Gamecock
6 12:30pm – Brain games 1:30pm – Mahjong & diamond art	7 11:00am – Legacy & Family Tree 12:30pm – Trivia -Independence Day 1:30pm – Quilting & needle point	8 11:00am – Bible Study 12:30pm – Wellness Education Debbie Sage – Grief -What is Grief? 1:30pm – Mahjong & diamond art	9 11:00am – Legacy & Family Tree 12:30pm – Patriotic Busting Canvas (sign up required) 1:30pm – Quilting & needle point	10 12:00pm – What Came First Chicken or Egg Potluck 1:00pm – Bowling @ Gamecock
13 12:30pm – Brain games 1:30pm – Mahjong & diamond art	14 11:00am – Legacy & Family Tree 12:30pm – Bingo 1:30pm – Quilting & needle point	15 11:00am – Bible Study 12:30pm – Wellness Ed. Sabrina – Tandem Health 1:30pm – Mahjong & diamond art	16 11:00am – Legacy & Family Tree 12:30pm – Book Club – “The Thursday Murder Club” by By Richard Osman 1:30pm – Quilting & needle point	17 12:00pm – Best Story Potluck – Bring dish that has a great backstory. 1:00pm – Bowling @ Gamecock
20 12:30pm – Brain games 1:30pm – Mahjong & diamond art	21 11:00am – Legacy & Family Tree 12:30pm – Trivia – Historical Headlines 1:30pm – Quilting & needle point	22 11:00am – Bible Study 12:30pm – Wellness Education Jeff Askin – Physical Therapy- Importance of exercising as we age. 1:30pm – Mahjong & diamond art	23 11:00am – Legacy & Family Tree 12:30pm – T-shirt making workshop – learn how to use the heat press to print transfers on shirts. 1:30pm – Quilting & needle point	24 12:00pm – Baked Potato Bar – Bring something to go on a baked potato (potato provided) 1:00pm – Bowling @ Gamecock
27 12:30pm – Brain games 1:30pm – Mahjong & diamond art	28 11:00am – Legacy & Family Tree 12:30pm – Bingo 1:30pm – Quilting & needle point	29 11:00am – Bible Study 12:30pm – Wellness Education Cathy Mason – Eating well after 50 1:30pm – Mahjong & diamond art	30 11:00am – Legacy & Family Tree 12:30pm – Indoor Gardening 1:30pm – Quilting & needle point	31 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.

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

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.

T-shirt Making: Learn how to use our heat press for t shirts

Wellness Education: Learn about healthy living including exercising, nutrition, and wellness.

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