



SENIOR ACTIVITIES

August

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)
3 12:30pm – Brain games 1:30pm – Mahjong & diamond art	4 11:00am – Legacy & Family Tree 12:30pm – Trivia --Bad Movie Reviews 1:30pm – Quilting & needle point	5 11:00am – Bible Study 12:30pm – Wellness Ed. – Kris – Healthy Heart 1:30pm – Mahjong & diamond art	6 11:00am – Legacy & Family Tree 12:30pm – Lunch & Learn (Sign up) 1:30pm – Quilting & needle point	7 12:00pm – Fancy Fast Food Potluck – dress up fast food to look fancy. 1:00pm – Bowling @ Gamecock
10 12:30pm – Brain games 1:30pm – Mahjong & diamond art	11 11:00am – Legacy & Family Tree 12:30pm – Bingo 1:30pm – Quilting & needle point	12 11:00am – Bible Study 12:30pm – Wellness Education Debbie Sage – Grief & Anger 1:30pm – Mahjong & diamond art	13 11:00am – Legacy & Family Tree 12:30pm – Fall Wreath (sign up) 1:30pm – Quilting & needle point	14 12:00pm – Oops! All Dips & Chips Potluck – bring your favorite dip and food to dip. 1:00pm – Bowling @ Gamecock
17 12:30pm – Brain games 1:30pm – Mahjong & diamond art	18 11:00am – Legacy & Family Tree 12:30pm – Trivia – Funny Foods 1:30pm – Quilting & needle point	19 11:00am – Bible Study 12:30pm – Wellness Sabrina – Tandem Health 1:30pm – Mahjong & diamond art	20 11:00am – Legacy & Family Tree 12:30pm – Cake Decorating (Sign up) 1:30pm – Quilting & needle point	21 12:00pm – Not Taco Tuesday! It's Fiesta Friday! 1:00pm – Bowling @ Gamecock
24 12:30pm – Brain games 1:30pm – Mahjong & diamond art	25 11:00am – Legacy & Family Tree 12:30pm – Bingo 1:30pm – Quilting & needle point	26 11:00am – Bible Study 12:30pm – Wellness Education Jason Dubose – Fall Assessment 1:30pm – Mahjong & diamond art	27 11:00am – Legacy & Family Tree 12:30pm – Book Club – "The Book Club By Mary Alice Monroe" 1:30pm – Quilting & needle point	28 12:00pm – Birthday celebration 1:00pm – Bowling @ Gamecock
31 12:30pm – Brain games 1:30pm – Mahjong & diamond art		 THE TUOMEY FOUNDATION	AUGUST SPONSOR 	



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.

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.