



SENIOR ACTIVITIES

September

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 12:30pm - Trivia – All about September 1:30pm - Quilting & needle point	2 11:00am - Bible Study 12:30pm - Wellness Ed. - Planning ahead with confidence 1:30pm - Mahjong & diamond art	3 12:30pm - Lunch & Learn (Sign up) 1:30pm - Quilting & needle point	4 12:00pm - “Rookie Cookie” Pot Luck - try to make something new 1:00pm - Bowling @ Gamecock
7 12:30pm - Brain games 1:30pm - Mahjong & diamond art	8 12:30pm - Bingo 1:30pm - Quilting & needle point	9 11:00am - Bible Study 12:30pm - Grief Meeting - Fear and Worry 1:30pm - Mahjong & diamond art	10 12:30pm - Torn Paper Sea Scape taught by Zoe from Sumter Gallery of Arts 1:30pm - Quilting & needle point	11 12:00pm - Pie Day Potluck - something in a pie crust 1:00pm - Bowling @ Gamecock
14 12:30pm - Brain games 1:30pm - Mahjong & diamond art	15 12:30pm - Trivia - Labor Day 1:30pm - Quilting & needle point	16 11:00am - Bible Study 12:30pm - Wellness Sabrina - Tandem Health 1:30pm - Mahjong & diamond art	17 12:30pm - Memory Lane Movie Theater: fresh popcorn with a projected movie, TBD 1:30pm - Quilting & needle point	18 12:00pm - Chili cook-off potluck 1:00pm - Bowling @ Gamecock
21 12:30pm - Brain games 1:30pm - Mahjong & diamond art	22 12:30pm - Bingo 1:30pm - Quilting & needle point	23 11:00am - Bible Study 12:30pm - Wellness Education- Datra Rishardson - Cornerstone 1:30pm - Mahjong & diamond art	24 12:30pm - Book Club - TBD 1:30pm - Quilting & needle point	25 12:00pm - Birthday celebration 1:00pm - Bowling @ Gamecock
28 12:30pm - Brain games 1:30pm - Mahjong & diamond art	29 12:30 pm Trivia 1:30 pm Quilting & Needle point	30 11:00am - Bible Study 12:30pm - Wellness Education- Cooking for One 1:30pm - Mahjong & diamond art	SEPTEMBER 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. \$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.