

April 2018



Carolina Forest Senior Center  
 121 Gateway Drive  
 Grand Plaza Unit F  
 Myrtle Beach, SC 29579  
 Monday-Friday  
 8:30-1:30  
 843-903-0355  
 Manager:  
 Mary Case  
 Assistant Manager:  
 Sheila Bichrest  
 Van Driver:  
 Linda Figler

Daily Activities  
 8:30-10:00  
 Coffee & Chat  
 Bridge Players  
 10:00-1:00  
 April 3, 10, 17 & 24

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	3 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	4 10:00-11:00 Activity with Ray 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	5 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	6 10:30-11:00 Devotions & Sharing Story (non-denominational) 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
9 10:00-11:00 Nutrition Education Home- Fridge Makeover & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	10 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	11 10:00-10:30 Wii Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	12 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	13 10:00-10:35 Seating Exercise 11:00-1:30 Trip to the local restaurant
16 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	17 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	18 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	19 10:00-11:00 Bingo & St. Patrick & Birthday Party 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	20 10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
23 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	24 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	25 10:00-11:00 News Time & RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	26 10:00-11:00 Bingo & Health Education 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	27 10:00-10:35 Seating Exercise 10:40-11:00 Music & Game Time 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games
30 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games				