

April 2018



Grand Strand
Senior Center
1268 21st Ave N.
Myrtle Beach, SC
29577
Monday-Friday
843-626-3991
9:00am-3:30pm

Manager:
Jill Long

Daily Activities
Open Exercise
9:00

Tuesday & Thursday
Yoga Class

11:30
Lunch

Every Tuesday after Lunch is
Bingo

Wednesday

1:00-2:00

C & W Line Dance

10:00-12:00

Wednesday Blood Pressure
Screenings

Retired Nurses:

Ellie Rankin
Susan Martetti
Elizabeth Calley
Carlen Lantz
Jane Matlock

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:30-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 1:00-2:00 Lite Line Dance 2:00-2:45 T'ai Chi	3 9:30-12:00 Craft Class 10:00-3:30 Mah Jongg Experienced 12:00-3:30 Scrabble 11:30-3:30 Canasta 1:00-3:00 Bingo 2:00 Birthday	4 9:00-12:00 Quilting Class 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 11:00-3:30 Mah Jongg II 12:00-4:00 Music Classes 1:00-2:00 Lite Line Dancing	5 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 12:00-3:30 Canasta (Beg) 12:00-3:30 Canasta Rockers 1:00-3:30 Yarn & Yak.	6 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling 11:30-1:00 Rock 'N' Ettes Dancers 10:00-1:00 Pine needle Basket Class 11:00-3:30 Duplicate Bridge 11:30-3:30 Hand & Foot Caregivers Support 1:00-2:00
9 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:30-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 1:00-2:00 Lite Line Dance 2:00-2:45 T'ai Chi	10 9:30-12:00 Craft Class 10:00-11:00 Nutrition Health Home-Fridge Makeover 10:00-3:30 Mah Jongg Experienced 12:00-3:30 Scrabble 11:30-3:30 Canasta 1:00-3:00 Bingo 2:00 Birthday	11 9:00-12:00 Quilting Class 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 11:00-3:30 Mah Jongg II 12:00-4:00 Music Classes 1:00-2:00 Lite Line Dancing	12 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 12:00-3:30 Canasta (Beg) 12:00-3:30 Canasta Rockers 1:00-3:30 Yarn & Yak.	13 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement Spouse Support 10:45-11:45 Loss/Transition Group Counseling 11:00-3:00 Duplicate Bridge 11:30-1:00 Rock 'N' Ettes Dancers
16 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:30-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 1:00-2:00 C & W Line Dance 1:00:3-:00 Drawing Class	17 9:30-12:00 Craft Class 10:00-3:30 Mah Jongg Experienced 12:00-3:30 Scrabble 11:30-3:30 Canasta 1:00-3:00 Bingo 3:25-4:00 T'ai Chi	18 9:00-12:00 Quilting Class 9:00-12:00 Oil Painting Class 9:00-3:30 Open Cards 10:00-12:00 Blood Pressure Screenings 12:00-3:30 Mah Jongg II 12:00-3:30 Music Classes 1:00-2:00 Lite Line Dance	19 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 12:00-3:30 Canasta (Beg) 12:00-3:00 Euchre 10:00-3:00 Cribbage 12:00-3:30 Canasta Rockers 1:00-3:30 Yarn & Yak	20 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement Spouse Support 0:45-11:45 Loss/Transition Group Counseling 11:00-3:00 Duplicate Bridge 12:00-1:30 Rock "N" Ettes Dancers
23 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:30-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 1:00-2:00 C & W Line Dance 1:00:3-:00 Drawing Class	24 9:30-12:00 Craft Class 10:00-11:30 Health Regency 10:00-3:30 Mah Jongg Experienced 12:00-3:30 Scrabble 11:30-3:30 Canasta 1:00-3:00 Bingo	25 9:00-12:00 Quilting Class 9:00-12:00 Oil Painting Class 9:00-3:30 Open Cards 10:00-12:00 Blood Pressure Screenings 11:00-3:30 Mah Jongg II 12:00-3:00 Music Class 1:00-2:00 Lite Lane Dance	26 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 12:00-3:30 Canasta (Beg) 12:00-3:30 Canasta Rockers 1:00-3:30 Yarn & Yak	27 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement Spouse Support 0:45-11:45 Loss/Transition Group Counseling 11:00-3:00 Duplicate Bridge 12:00-1:30 Rock "N" Ettes Dancers
30 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:30-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 1:00-2:00 Lite line Dance				

Monthly Evening Events
Compassionate Friends 1st Tuesday- 6:45-8:30
Stamp Club 1st Tuesday- 7:00-8:30
VFW 4th Tuesday 7:00-8:30
Ancient Order of Hibernians 1st Wednesday- 6:00-8:00
Ballroom Dance 3rd Saturday 7:00-10:00
Orchid Society 3rd Sunday
Survivors of Suicide 3rd Monday 6:00-8:00

Weekly Evening Activities
Mondays- Sand Dollar Squares 6:30-8:30
Tuesdays- Tai Chi 3:15-4:00
Alcohol Anonymous
Wednesdays- Dixie Diamonds 6:30-8:30
Thursdays- Strutters Square Dance 6:30-8:30