

May 2018



Burgess Senior Center
 10299 Highway 707 S.
 Myrtle Beach, SC29577
 Monday-Wednesday-
 8:30-1:30
 843-650-2796
 Manager:
 Eula Mae Winningham

Daily Activities

8:30-9:00
 Coffee & Chat

9:00-9:30
 Devotions

(Non-denominational)

11:30-12:30
 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		9:30-10:30 Aerobic Exercise 10:30-11:30 Red Hat Club 12:30-1:30 Scrabble & Chess Games		9:30-10:30 Leg & Thigh Exercise 10:30-11:30 Minister Williams (non-denominational) Mrs. Craig 12:30-1:30 Wheel of Fortune
7	8	9	10	11
9:30-10:30 Arm & Hand Exercise 10:30-11:30 Justin Anderson Oaks Bingo 12:30-1:30 RummiKub Game		9:00-10:00 Aerobic Exercise 10:30-11:30 Nutrition Family Activities for Fun and Good Health 12:30-1:30 Hospice Care		9:30-10:30 Arm & Hand Exercise 10:30-11:30 Rev. Herman William (non-denominational) 12:30-1:30 Gospel Sing Along Group
14	15	16	17	18
9:30-10:30 Arm & Hand Exercise 10:30-11:30 Bingo with Tye 12:30-1:30 Bean Bag Toss		9:30-10:30 Shoulder & Back Exercise 10:30-11:30 Sister Dixon 12:30-1:30 Bean Bag Toss		9:30-10:30 Leg & Thigh Exercise 10:30-11:30 Sis. Sue Inlet Coastal Resort 12:30-1:30 Sing Along Group
21	22	23	24	25
9:30-10:30 Arm & Hand Exercise 10:30-11:30 Bingo 12:30-1:30 Bowling Game		9:30-10:30 Arthritis Exercise 10:30-11:30 Exchanging Photos 11:30-1:30 Wii Games		9:30-10:30 Walk with Ease Exercise 10:30-11:30 RummiKub Game 12:30-1:30 Bean Bag Toss
28	29	30	31	
Center Closed Memorial Day 		9:30-10:30 Shoulder & Back Exercise 10:30-11:30 Bingo 11:30-1:30 Chess Games		

Friday