

May 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
	1 9:30-12:00 Craft Class 10:30-3:00 Mah Jongg Experienced 12:00-3:00 Scrabble 11:00-3:00 Canasta 12:30-2:30 Bingo 3:15-4:00 Tai Chi	2 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 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dancing 2:00-3:00 Beg. Line Dance	3 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 12:00-3:00 Canasta (Beg) 12:00-3:00 Euchre 12:30-3:00 Yarn & Yak	4 9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling 11:00-1:00 Rock 'N' Ettes Dancers 11:00-3:30 Hand & Foot
7 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:00-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	8 9:30-12:00 Craft Class 10:00-11:00 Nutrition Health Family Activities for Fun and Good Health 10:00-3:00 Mah Jongg Experienced 12:00-3:00 Scrabble 11:30-3:30 Canasta 12:30-2:00 Bingo 3:15-4:00 Tai Chi	9 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 11:00-3:00 Mah Jongg II 10:00-2:00 Pinochle 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	10 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:00-3:00 Euchre 12:30-3:00 Canasta Rockers 12:30-3:00 Yarn & Yak.	11 9:00-12:00 Oil Painting Class 9:00-3:30 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
14 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:00-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	15 9:30-12:00 Craft Class 10:00-3:30 Mah Jongg Experienced 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo 3:15-4:00 Tai Chi	16 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 11:00-3:00 Mah Jongg II 10:00-2:00 Pinochle 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	17 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:00-3:00 Euchre 12:30-3:00 Canasta Rockers 12:30-3:00 Yarn & Yak.	18 9:00-12:00 Oil Painting Class 9:00-3:30 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
21 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11:00-1:00 Rock 'N' Ettes Dancers 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	22 9:30-12:00 Craft Class 10:00-11:30 Health Regency 10:00-3:00 Mah Jongg Experienced 12:00-3:00 Scrabble 11:30-3:30 Canasta 12:30-2:00 Bingo 3:15-4:00 Tai Chi	23 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 11:00-3:00 Mah Jongg II 10:00-2:00 Pinochle 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	24 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:00-3:00 Euchre 12:30-3:00 Canasta Rockers 12:30-3:00 Yarn & Yak	25 9:00-12:00 Oil Painting Class 9:00-3:30 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
28 Center Closed Memorial Day 	29 9:30-12:00 Craft Class 10:00-3:00 Mah Jongg Experienced 10:00-1:00 Intermediate Mah Jongg 12:00-3:00 Scrabble 11:30-3:30 Canasta 12:30-2:00 Bingo 3:15-4:00 Tai Chi	30 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 11:00-3:00 Mah Jongg II 10:00-2:00 Pinochle 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance	31 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:00-3:00 Euchre 12:30-3:00 Canasta Rockers 12:30-3:00 Yarn & Yak	

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
Survivors of Suicide 3rd Tuesday 6:00-8:00

Weekly Evening Activities
Mondays- Sand Dollar Squares
Tuesdays- Alcohol Anonymous
Wednesdays- Advantage Squares Dance 6:30-8:30
Thursdays- Strutters Square Dance 6:30-8:30