

May 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

May 1, 8, 15, 22 & 29

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	2 10:00-11:00 Activity with Ray 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	3 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	10:30-11:00 Devotions & Sharing Story (non-denominational) 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
7 10:00-11:00 Nutrition Education Family Activities for Fun and Good Health & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	8 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	9 10:00-10:30 Wii Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	10 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	11 10:00-10:35 Seating Exercise 11:00-1:30 Trip to the local restaurant
14 10:00-11:00 Bingo/ Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	15 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	16 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	17 10:00-11:00 Bingo & Birthday Party 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	18 10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
21 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	22 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	23 10:00-11:00 News Time & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	24 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	25 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
28 Memorial Day Center Closed 	29 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	30 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	31 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub	