

June 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 9:30-10:30 <b>Leg &amp; Thigh Exercise</b> 10:30-11:30 Cooking Class 12:30-1:30 Life & Choices Debra Smith
4	5	6	7	8
9:30-10:30 <b>Exercise</b> 10:30-11:30 Bingo 12:30-1:30 <b>Bean Bag Toss</b>		9:00-10:00 <b>Chair Exercise</b> 10:30-11:30 Red Hat Club 12:30-1:30 Wedding Celebration		9:30-10:30 <b>Waist &amp; Leg Exercise</b> 10:30-11:30 Minster Williams Joy (non-denominational) 12:30-1:30 Movie 10 <sup>th</sup> Commandment
11	12	13	14	15
9:30-10:30 <b>Exercise</b> 10:30-11:30 Bingo 12:30-1:30 Community Outreach		9:30-10:30 <b>Exercise</b> 10:30-11:30 <b>Nutrition</b> <b>Enjoy your food, but eat less</b> 12:30-1:30 Celebration of Gospel Joy Bells Movie		9:30-10:30 <b>Exercise Waist &amp; Legs</b> 10:30-11:30 Sis. Sue Inlet Medical 12:30-1:30 Horse Shoe Game
18	19	20	21	22
9:30-10:30 <b>Exercise</b> 10:30-11:30 Bingo 12:30-1:30 Mary Kay		9:30-10:30 <b>Exercise</b> 10:30-1:30 Birthday Celebration		9:30-10:30 <b>Exercise</b> 10:30-11:30 Rev. Herman Williams 12:30-1:30 <b>Home Care Ruth Anderson</b>
25	26	27	28	29
9:30-10:30 <b>Exercise</b> 10:30-11:30 Bingo 12:30-1:30 Noah Ark & Jonah Card Game		9:30-10:30 <b>Exercise</b> 10:30-11:30 Sister Dixon 12:30-1:30 Salem Senior Choir Anniversary Tape 1998		9:30-10:30 <b>Exercise</b> 10:30-11:30 Mrs. Craig Bible Trivia (non-denominational) 12:30-1:30 Sing-A-Long Group

Friday