

June 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  
 June 5, 12,19 & 26

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30-11:00 Devotions & Sharing Story (non-denominational) 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
4 10:00-11:00 Nutrition Education Enjoy your food, but eat less & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	5 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	6 10:00-10:30 Seating Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	7 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	8 10:00-10:35 Seating Exercise 11:00-1:30 Trip to the local restaurant
11 10:00-11:00 Bingo & Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	12 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	13 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	14 10:00-11:00 Bingo & Birthday Party(Humana) 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	15 10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
18 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	19 10:00-11:00 RummiKub & Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	20 10:00-11:00 News Time & RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	21 10:00-11:00 Bingo & Health Education 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	22 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
25 10:00-11:00 Bing & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	26 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	27 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	29 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub	30