

June 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 9:00-3:00 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
4 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	5 9:30-12:00 Craft Class 10:00-11:00 Nutrition Health <i>Eat your food, but eat less</i> 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	6 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	7 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. Produce Vouchers	8 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
11 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	12 9:30-12:00 Craft Class 10:00-3:30 Mah Jongg Experienced 11:00-3:00 Hand & Foot 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo 3:15-4:00 T'ai Chi	13 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 9:00-12:00 Bunco	14 9:00-12:00 Creative Artists 10:00 - 1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Canasta Rockers 12:30-3:00 Yarn & Yak. 12:00-3:00 Euchre	15 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
18	19	20	21	22
CENTER CLOSED FOR				
25	26	27	28	29 TH
RENOVATIONS UNTIL JULY 9TH				

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
3rd Sunday Orchid Society
Survivors of Suicide 3rd Tuesday 6:00-8:00

Weekly Evening Activities
Mondays- Sand Dollar Squares 6:30-8:30
Tuesdays- Alcohol Anonymous 5:30-7:00 Line Dancing 3:15-4:15
Wednesdays- Advantage Squares Dance 6:30-8:30
Thursdays- Strutters Square Dance 6:30-8:30