

August 2018



Aynor Senior
Center
845 N. Main Street
Aynor, SC 29511
Monday-Friday
9:00-1:00
843-358-3066
Manager:
Lisa Rabon

Daily Activities
9:00-10:00
Coffee & Puzzles
11:30-12:00
Lunch
12:00-1:00
Games

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00-10:30 Exercise 10:30-11:30 Bingo	9:30-11:30 Conway Hospital for Cholesterol Screening 10:30-11:30 Bingo	10:00-11:30 Bible Study (non-denominational) Nutrition Overcoming Roadblocks to Healthy Eating
6	7	8	9	10
9:30-10:00 Exercise 10:00-11:00 Singing	10:00-10:30 Exercise 10:30-11:30 Bingo	10:00-10:30 Exercise 10:30-11:30 Dance Exercise	10:00-10:30 Exercise 10:30-11:30 Bingo 12:00-12:30 Fire Safety	10:00-11:30 Singing
13	14	15	16	17
10:00-10:30 Exercise 10:30-11:30 Singing with Larry Williams	10:00-10:30 Chair Exercise 10:00-11:30 Bingo Birthday Party	10:00-11:30 Chair Exercise Word Games	10:00-11:30 Bingo Comfort Keepers 12:00-12:30 Adult Coloring	10:00-10:30 Games 10:30-11:30 Dancing
20	21	22	23	24
10:00-10:30 Games 10:30-11:30 Line Dancing	10:00-10:30 Exercise 10:30-11:30 Bingo	10:00-10:30 Exercise 10:30-11:30 Games	10:00-10:30 Chair Exercise 10:30-11:30 Bingo	9:30-11:30 Bible Study (non-denominational)
27	28	29	30	31
10:00-11:30 Games	10:00-10:30 Exercise 10:30-11:30 Bingo	10:00-10:30 Exercise 10:30-11:30 Games	10:00-10:30 Exercise 10:30-11:30 Bingo	10:00-11:30 Dance Exercise

