

August 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	2	3
		9:30-10:30 Exercise 10:30-11:30 Red Hat Club Nutrition Class Overcoming Roadblocks to Healthy Eating 12:30-1:30 RummiKub Game		9:30-10:30 Exercise 10:30-11:30 Rev. Williams Topic- Hope 12:30-1:30 Movie 10 Commandments
6	7	8	9	10
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Lollipop Social		9:00-10:00 Exercise 10:30-11:30 Mrs. Dixon Topic Happiness 12:30-1:30 Going to Farmers Market		9:30-10:30 Exercise 10:30-11:30 Home Instead Senior Care 12:30-1:30 Sing Along Group
13	14	15	16	17
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 RummiKub Games & Uno		8:30 Conway Medical Center Cholesterol 9:30-10:30 Exercise 10:30-11:30 Birthday Party Celebration & Lunch 12:30-1:30 Dancing to Music		9:30-10:30 Chair Exercise 10:30-11:30 Spoon the Marshmallow & Bean Bag Throw 12:30-1:30 Guess Who
20	21	22	23	24
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Tideland Health		9:30-10:30 Exercise 10:30-11:30 Minister Williams Peace 12:30-1:30 Chess Games		9:30-10:30 Chair Exercise 10:30-11:30 Inlet Medical Mrs. Sue 12:30-1:30 Watermelon Contest
27	28	29	30	31
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Scrabble Games		9:30-10:30 Exercise 10:30-11:30 Going to Market 12:30-1:30 Crafts		9:30-10:30 Exercise 10:30-11:30 Bible Quiz 12:30-1:30 Trivia Games

Friday