

July 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
2 9:30-10:30 Leg & Feet Exercise 10:30-11:30 Bingo 12:30-1:30 Bean Bag Throw 10:00-1:30 Spoon the Marshmallow	3	4 Center Closed Independence Day  Happy 4th of July!	5	6 9:30-10:30 Chair Exercise 10:30-11:30 True Love 12:30-1:30 Bean Bag Throw
9 9:00-1:00 Grand Strand Senior Center Center Closed	10	11 9:00-10:00 Arm & Body Exercise 10:30-11:30 Nutrition Class Navigate the Buffet 12:30-1:30 Going to Farmers Market	12	13 9:30-10:30 Chair Exercise 10:30-11:30 Peace Minister Yvonne 12:30-1:30 What is your name
16 9:30-10:30 Chair Exercise 10:30-11:30 Bingo 12:30-1:30 RummiKub Game	17	18 9:30-10:30 Arm & Body Exercise 10:30-11:30 Birthday Party 12:30-1:30 Sing Along	19	20 9:30-10:30 Chair Exercise 10:30-11:30 Topic Rev. Williams 12:30-1:30 Wheel of Fortune
23 9:30-10:30 Leg & Feet Exercise 10:30-11:30 Bingo 12:30-1:30 Movie James Brown	24	25 9:30-10:30 Arm & Body Exercise 10:30-11:30 Hospice Care with Ruth 12:30-1:30 Scrabble Game	26	27 9:30-10:30 Chair Exercise 10:30-11:30 Inlet Medical Mrs. Sue 12:30-1:30 Movie Wild West
30 9:30-10:30 Leg & Feet Exercise 10:30-11:30 Bingo with Eva 12:30-1:30 Singing Praise	31			

Friday