

August 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

August 7, 14, 17, 21 & 28
 Birthdays: Lynda 8/17
 Sharon 8/19
 Jean 8/23

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| | | 1 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games | 2 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub | 3 10:30-11:00 Sharing Story & News 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games |
| 6 10:00-11:00 Nutrition Class Overcoming Roadblocks to Healthy Eating & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games | 7 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games | 8 10:00-10:30 Seating Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games | 9 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole | 10 10:00-10:35 Seating Exercise 11:00-1:30 Trip to the local restaurant |
| 13 10:00-11:00 Bingo/ Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games | 14 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games | 15 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games | 16 10:00-11:00 Bingo & Birthday Party(Humana) 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games | 17 10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games |
| 20 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games | 21 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games | 22 10:00-11:00 News Time & RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games | 23 10:00-11:00 Bingo & Health Education 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games | 24 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 |
| 27 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games | 28 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games | 29 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games | 30 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub | 31 10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games |