

July 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

July 3, 10, 17, 24, & 31

Birthdays: Katharine 7/5

Dolores 7/28

Charlotte 7/28

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	3 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	4 Center Closed Independence Day  Happy 4th of July!	5 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub	6 10:30-11:00 Sharing Story & News 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
9 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	10 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	11 10:00-10:30 Seating Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	12 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	13 10:00-11:00 Seating Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
16 10:00-11:00 Bingo/ Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	17 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	18 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	19 10:00-11:00 Bingo & Birthday Party(Humana) 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	20 10:00-11:00 Low Impact Exercise 11:00-1:30 Trip to the local restaurant
23 10:00-10:030 Nutrition Education Navigate the Buffet & 10:30-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	24 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	25 10:00-11:00 News Time & RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	26 10:00-11:00 Bingo & Health Education 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	27 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
30 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	31 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games			