

August 2018



Green Sea Floyds

Senior Center

5331 Highway 9

Nichols, SC 29581

843-392-0967

Fax 843-392-0968

Monday-Wednesday-Friday

8:30-1:30

Manager:

Lorene Wright

Daily Activities

8:30-9:30

Coffee & Chat

Games & Puzzles

9:30-10:00 Daily

Walk, Walk, Walk Exercise

11:00-11:30

Swap & Share

11:30-12:15

Lunch

12:15-1:30

Project / Fellowship

Needlework & Crafts

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00-11:00 Devotions with Hunter (non-denominational)  Win the Pot  Chair Exercise		10:00-11:15 Bingo Coffee Club at the Library Chair Exercise
6	7	8	9	10
10:00-11:15 Corn Hole Coloring Book Chair Exercise Word Search		10:00-11:00 Devotions with Tonee (non-denominational)  Win the Pot  Blood Pressure Checks Amedisys		10:00-11:15 Bingo Coffee Club at Library Chair Exercise
13	14	15	16	17
10:00-11:15 Nutrition Overcoming Roadblocks to Healthy Eating Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:15 Balance Exercise Devotions/Singing/ Karaoke with Donny and Linda (non-denominational)  Win the Pot		10:00-11:15 Bingo Coffee Club at Library Chair Exercise
20	21	22	23	24
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:15 Card Games Devotions/Singing/ Karaoke with Jimmy Doyle (non-denominational)  Win the Pot		10:00-11:15 Bingo Coffee Club at Library Safety Topic Chair Exercise
27	28	29	30	31
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:15 Natalie with Alzheimer's Association  Win the Pot  Cholesterol Screening Conway Hospital Health Reach		10:00-11:15 Bingo Coffee Club at Library Safety Topic Chair Exercise