

July 2018



South Strand  
Senior Center  
1032 10<sup>th</sup> Avenue N.  
Surfside Beach, SC  
29575  
Monday-Friday  
8:30-1:30  
843-238-3644  
Manager:  
Jackie Willis

Daily Activities

8:30-9:30  
Coffee & Chat

11:00-11:30

Daily News Review

11:30-12:30

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 <b>Nutrition</b> <b>Navigate the Buffet</b> 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	<b>Center Closed</b>  <b>Independence Day</b>  Happy 4th of July!	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 <b>Corn Hole</b> 12:30-1:30 Cards, Games, Puzzles
9	10	11	12	13
9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 Grand Strand 25 <sup>th</sup> Anniversary Party 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo with Justin 12:30-1:30 Cards, Games, Puzzles  Farmer's Market	9:30-10:00 Games & Cards <b>Exercise</b> 10:00-11:00 Crafts with Marilyn 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 <b>Donna from tidelands Health</b> 12:30-1:30 Cards, Games, Puzzles
16	17	18	19	20
9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 Blood Pressure with Peggy 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 Shop at Hamricks 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Sue from inlet Coastal 12:30-1:30 Cards, Games, Puzzles
23	24	25	26	27
9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 Christmas in July 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles  Farmer's Market	9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 Activity at Library 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Chat Pack Game 12:30-1:30 Cards, Games, Puzzles
30	31			
9:30-10:00 Cards & Games <b>Exercise</b> 10:00-11:00 <b>Walk at the Mall</b> 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles  Farmer's Market			