

September 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

September 4, 11, 18, & 25

Birthday: Linda 9/16

Eileen: 9/20

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Labor Day Center Closed	10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 Rummikub & Card Games	10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 Rummikub	10:30-11:00 Devotions & Sharing Story (non-denominational) 11:00-1:30 Lunch 12:00-1:30 Rummikub & Card Games
10	11	12	13	14
10:00-11:00 Bingo & Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 Rummikub & Card Games	10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 Rummikub & Card Games	10:00-11:00 Bingo & Birthday Party(Humana) 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	10:00-10:35 Music Time 11:00-1:30 Trip to the local restaurant
17	18	19	20	21
10:00-11:00 Health Education by Emily & Bingo 11:00-12:00 Lunch 12:00-1:30 Rummikub & Card Games	10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	10:00-11:00 News Time & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	10:00-11:00 Bingo & Nutrition Education by Mary 11:00-12:00 Lunch 12:00-1:30 Rummikub & Card Games	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
24	25	26	27	28
10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 Rummikub & Card Games	10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 Rummikub & Card Games	10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 Rummikub	10:00-11:00 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 Rummikub & Card Games