

September 2018



Grand Strand
Senior Center
1268 21st Ave N.
Myrtle Beach, SC
29577

Monday-Friday
843-626-3991
9:00am-3:30pm

Manager:
Jill Long
Daily Activities
Open Exercise

9:00
Tuesday & Thursday
Yoga Class

11:30

Lunch

Every Tuesday after Lunch is

Bingo

Wednesday

1:00-2:00

C & W Line Dance

10:00-12:00

Wednesday Blood Pressure
Screenings

Retired Nurses:

Ellie Rankin
Susan Martetti
Elizabeth Calley
Carlen Lantz
Jane Matlock

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00-12:00 Quilting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 12:00-3:00 Music Classes 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 9:00-12:00 Bunco	2 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Yarn & Yak	3 9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling
6 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 11:30-12:30 ukulele Class 1:00-2:00 Guitar & Piano Class	7 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo	8 9:00-12:00 Quilting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 12:00-3:00 Music Classes 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 9:00-12:00 Bunco	9 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Yarn & Yak	10 9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling
13 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 11:30-12:30 ukulele Class 1:00-2:00 Guitar & Piano Class	14 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo	15 9:00-12:00 Quilting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 12:00-3:00 Music Classes 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 9:00-12:00 Bunco	16 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Yarn & Yak.	17 9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling 11:00-1:00 Rock 'N' Ettes Dancers
20 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 11:30-12:30 ukulele Class 1:00-2:00 Guitar & Piano Class	21 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo	22 9:00-12:00 Quilting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 12:00-3:00 Music Classes 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 9:00-12:00 Bunco	23 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Yarn & Yak.	24 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling 11:00-1:00 Rock 'N' Ettes Dancers
27 9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 12:30-3:30 Bunco 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 11:30-12:30 ukulele Class 1:00-2:00 Guitar & Piano Class	28 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo	29 9:00-12:00 Quilting Class 9:00-3:00 Open Cards 10:00-12:00 Blood Pressure Screenings 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 12:00-3:00 Music Classes 11:00-3:00 Mah Jongg II 12:45-1:45 Lite Line Dance 2:00-3:00 Beg. Line Dance 9:00-12:00 Bunco	30 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta (Beg) 12:30-3:00 Yarn & Yak.	31 9:00-12:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group Counseling 11:00-1:00 Rock 'N' Ettes Dancers

<p>Monthly Evening Events Compassionate Friends 1st Tuesday- 6:45-8:30 Stamp Club 1st Tuesday- 7:00-8:30</p>	<p>VFW 4th Tuesday 7:00-8:30 3rd Sunday- Orchid Society Survivors of Suicide 3rd Tuesday 6:00-8:00 1st Wednesday- Iberians</p>	<p>Weekly Evening Activities Mondays- Sand Dollar Squares 6:30-8:30 Tuesdays- Alcohol Anonymous 5:30-7:00 Line Dancing 3:15-4:15 Wednesdays- Advantage Squares Dance 6:30-8:30 Thursdays- Strutters Square Dance 6:30-8:30</p>
---	---	---