

November 2018



Aynor Senior
Center
845 N. Main Street
Aynor, SC 29511
Monday-Friday
9:00-1:00
843-358-3066
Manager:
Lisa Rabon

Daily Activities

9:00-10:00
Coffee & Puzzles

11:30-12:00
Lunch

12:00-1:00
Games

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | 1 | 2 |
| | | | 9:30-11:30 Exercise 10:30-11:30 Bingo 12:00-1:00 Dominos | 10:00-11:30 Bible Study (non-denominational) |
| 5 | 6 | 7 | 8 | 9 |
| 9:30-10:00 Exercise 10:00-11:00 Games | 10:00-10:30 Exercise Nutrition Build a Healthy Meal 10:30-11:30 Bingo | 10:00-10:30 Exercise 10:30-11:30 Crafts | 10:00-10:30 Exercise 10:30-11:30 Bingo 12:00-12:30 Fire Safety | 10:00-11:30 Singing |
| 12 | 13 | 14 | 15 | 16 |
| 10:00-10:30 Exercise 10:30-11:30 Singing with Larry 12:00-1:00 Dominos | 10:00-10:30 Chair Exercise 10:00-11:30 Anchor Club Bingo Birthday Party | 10:00-11:30 Comfort Keepers Blood Pressure Checks | 10:00-10:30 Exercise 10:30-11:30 Bingo 12:00-12:30 Dominos | 10:00-10:30 Games 10:30-11:30 Dancing |
| 19 | 20 | 21 | 22 | 23 |
| 10:00-10:30 Exercise 10:30-11:30 Singing with Earl and Lynwood 12:00-1:00 Dominos | 10:00-10:30 Exercise 10:30-11:30 Bingo 12:00-1:00 Dominos | 10:00-10:30 Exercise 10:30-11:30 Games 12:00-1:00 Dominos | Center Closed Thanksgiving | Center Closed |
| 26 | 27 | 28 | 29 | 30 |
| 10:00-10:30 Exercise 10:30-11:30 Dance Exercise 12:00-1:00 Dominos | 10:00-10:30 Exercise 10:30-11:30 Bingo 12:00-1:00 Dominos | 10:00-11:30 Blood Pressure Checks | 10:00-10:30 Exercise 10:30-11:30 Bingo | 10:00-10:30 Exercise 10:30-11:30 Bible Study (non-denominational) |

