

November 2018



Burgess Senior Center
 10299 Highway 707 S.
 Myrtle Beach, SC29577
 Monday-Wednesday-Friday
 8:30-1:30
 843-650-2796
 Manager:

Eula Mae Winningham

Daily Activities

8:30-9:00
 Coffee & Chat

9:00-9:30
 Devotions
 (Non-denominational)

11:30-12:30
 Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|-------------------------------|--|
| | | | 1 | 2 |
| | | | | 9:30-10:30 Exercise 10:30-11:30 Rev. Williams Topic-Hope 12:30-1:30 Movie |
| 6 | 7 | 8 | 9 | 10 |
| 9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Lollipop Social Nutrition Build a Healthy Meal | | 9:00-10:00 Exercise 10:30-11:30 Mrs. Dixon Topic Happiness 12:30-1:30 Going to Farmers Market | | 9:30-10:30 Exercise 10:30 Home Instead Senior Care 12:30-1:30 Sing Along Group |
| 13 | 14 | 15 | 16 | 17 |
| 9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 RummiKub Games | | 8:30 Conway Medical Center Cholesterol 10:30-11:30 Exercise 10:30-11:30 Minister Williams & lunch 12:30-1:30 Dancing to Music | | 9:30-10:30 Chair Exercise 10:30-11:30 Spoon the Marshmallow & Bean Bag Toss 12:30-1:30 Guess Who |
| 20 | 21 | 22 | 23 | 24 |
| 9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Tideland Health | | 9:30-10:30 Exercise 10:30-11:30 Birthday 12:30-1:30 Chess Games | HAPPY THANKSGIVING | Center Closed |
| 27 | 28 | 29 | 30 | 31 |
| 9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Scrabble Games | | 9:30-10:30 Exercise 10:30-11:30 Going to Market 12:30-1:30 Crafts | | 9:30-10:30 Exercise 10:30-11:30 Bible Quiz 12:30-1:30 Trivia Games |