

November 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

November 9, 16, 23 & 30

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub	2 10:30-11:00 World News & Low Impact Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
5 10:00-11:00 Bingo & Nutrition Build a Healthy Meal 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	6 10:00-11:00 Seating Exercise & Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	7 10:00-11:00 Activity with Ray 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	8 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub	9 10:00-11:00 Low Impact Exercise 11:00-1:30 Trip to the local restaurant
12 10:00-11:00 Bingo & Blood Pressure by Tideland Hospice 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	13 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	14 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	15 10:00-11:00 Bingo & Birthday (Humana) 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	16 10:00-10:35 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
19 10:00-11:00 Health Education by Tideland Health 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	20 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	21 10:00-11:00 Low Impact Exercise News Time & RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	22 Happy Thanksgiving Day Center Closed	23 Center Closed
26 10:00-11:00 Bingo & Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	27 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	28 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	29 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	30 10:00-10:35 Low Impact Exercise & Music Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games