

January 2019



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	3	4
	Center Closed New Years Day	10:00-10:30 Exercise 10:30-11:30 Games	9:30-11:30 Exercise 10:30-11:30 Bingo 12:00-1:00 Dominos	10:00-11:30 Bible Study (non-denominational)
7	8	9	10	11
10:00-10:30 Exercise Nutrition Enjoy your food but eat less 10:30-11:30 Games	10:00-10:30 Exercise 10:30-11:30 Anchor Club Bingo Birthday Party	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
14	15	16	17	18
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 Bingo	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 Bible Study (non-denominational)
21	22	23	24	25
Center Closed Martin Luther King Jr Day	10:00-10:30 Chair Exercise 10:00-11:30 Bingo	10:00-10:30 Chair Exercise 10:00-11:30 Heartland 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)
28	29	30	31	
10:00-10:30 Exercise 10:30-11:30 Singing with Earl and Linwood 12:00-1:00 Dominos	10:00-10:30 Exercise 10:00-11:30 Bingo	10:00-10:30 Exercise 10:00-11:30 Crafts	10:00-10:30 Exercise 10:00-11:30 Bingo	

