

January 2019



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 :
Jean Levi
Van Driver:
Linda Figler

Daily Activities
8:30-10:00
Coffee & Chat
Bridge Players
10:00-1:00

Jan. -8, 15, 22 & 29
Birthdays: 1/4 Robin,
1/24 Patti

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Center Closed	2 10:00-11:00 Activity with Ray 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	3 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 RummiKub & Corn Hole	4 10:30-11:00 Seating Exercise 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
7 10:00-11:00 Nutrition Education Enjoy your food, but Eat less & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	8 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	9 10:00-11:00 Bingo 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	10 10:00-11:00 Health Education By Tidalands Health 11:00-12:00 Lunch 12:00-1:30 RummiKub & Kings & Corners	11 10:00-10:35 Seating Exercise 10:00 -1:00 Trip to the Local restaurant
14 Center Closed Martin Luther King, Jr. Day	15 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	16 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	17 10:00-11:00 Bingo/Birthday party 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	18 10:00-10:30 Low Impact Exercise 10:30-11:00 Sharing Story 11:00-12:00 Lunch 12:30-1:30 Kings & Corner & Card Games
21 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	22 10:00-11:00 Rummikub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	23 10:00-11:00 Seating Exercise 11:00-12:00 Lunch 12:00-1:30 Card Games	24 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	25 10:00-10:35 Seating Exercise 10:40-11:00 Game Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games
28 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	29 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	30 10:00-10:30 Seating Exercises 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	31 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games & RummiKub	