



JANUARY 2019

Grand Strand  
Senior Center  
1268 21<sup>st</sup> Ave N.  
Myrtle Beach, SC  
29577

Monday-Friday  
843-626-3991  
9a-3p

Program Manager:  
Jennifer Bell

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR!  CLOSED	2  9:00-12:00 Quilting Class 9:00-12:00 Oil Painting 9:00-3:00 Open Cards 10:00-12:00 BP Screenings 11:00-2:00 Mah Jongg Beginners 10:00-2:00 Pinochle 6:30p-8:30p Advancers Square Dance	3  9:00-10:00 Yoga 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta 12:30-3:00 Yarn & Yak 12:30-2:30p Bingo 6:30p-8:30p Stutters Square Dance	4  9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group 1p-2p Waccamaw Family Caregiver Support Group
7  9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11-12:30 Rock 'N Ettes 11:45- 12:30 Chair Dance Exercise 12:30-3:30 Bunco 11:30-12:30 Ukulele Class 1:00-2:00 Guitar & Piano Class 6a:30p-8:30p Sand Dollar Square Dance	8  9-10 Yoga 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo 4-4:45 Tai Chi 5:30-7:30 AA Meetup	9  9:00-12:00 Quilting Class 9:00-12:00 Oil Painting 9:00-3:00 Open Cards 10:00-12:00 BP Screenings 11:00-2:00 Mah Jongg Beginners 10:00-2:00 Pinochle 16:30p-8:30p Advancers Square Dance	10  9:00-10:00 Yoga 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta 12:30-3:00 Yarn & Yak 12:30-2:30p Bingo 6:30p-8:30p Stutters Square Dance	11  9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 11:30 – 12:30 Rock 'n Ettes 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group
14  9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11-12:30 Rock 'N Ettes 12:30-3:30 Bunco 11:30-12:30 Ukulele Class 1:00-2:00 Guitar & Piano Class 6a:30p-8:30p Sand Dollar Square Dance	15  9-10 Yoga 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo 4-4:45 Tai Chi 6:00p – Survivors of Suicide Loss 5:30-7:30 AA Meetup	16  9:00-12:00 Quilting Class 9:00-12:00 Oil Painting 9:00-3:00 Open Cards 10:00-12:00 BP Screenings 11:00-2:00 Mah Jongg Beginners 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 6:30p-8:30p Advancers Square Dance	17  9:00-10:00 Yoga 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta 12:30-3:00 Yarn & Yak 12:30-2:30p Bingo 6:30p-8:30p Stutters Square Dance	18  9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 11:30 – 12:30 Rock 'n Ettes 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group
21  MARTIN LUTHER KING JR DAY!  CLOSED	22  9-10 Yoga 9:30-12:00 Craft Class 12:00-3:00 Scrabble 11:30-3:00 Canasta 12:30-2:30 Bingo 4-4:45 Tai Chi 6:00p – Survivors of Suicide Loss 5:30-7:30 AA Meetup	23  9:00-12:00 Quilting Class 9:00-12:00 Oil Painting 9:00-3:00 Open Cards 10:00-12:00 BP Screenings 11:00-2:00 Mah Jongg 10:00-2:00 Pinochle 11:30-12:30 Chair Dance Exercise 6:30p-8:30p Advancers Square Dance	24  9:00-10:00 Yoga 9:00-12:00 Creative Artists 10:00 -1:00 Watercolor Class 10:30-2:00 Rubber Bridge 11:00-3:00 Canasta 12:30-3:00 Yarn & Yak 12:30-2:30p Bingo 6:30p-8:30p Stutters Square Dance	25  9:00-3:00 Oil Painting Class 9:00-3:00 Open Cards 11:30 – 12:30 Rock 'n Ettes 9:30-10:30 Bereavement 10:45-11:45 Loss/Transition Group
28  9:00-12:00 Creative Artists 10:30-2:00 Rubber Bridge 11-12:30 Rock 'N Ettes 12:30-3:30 Bunco 11:30-12:30 Ukulele Class 1:00-2:00 Guitar & Piano Class 6a:30p-8:30p Sand Dollar Square Dance	29	30	31	