

January 2019



Green Sea Floyds
 Senior Center
 5331 Highway 9
 Nichols, SC 29581
 843-392-0967
 Fax 843-392-0968

Monday-Wednesday-Friday

8:30-1:30

Manager:

Lorene Wright

Daily Activities

8:30-9:30

Coffee & Chat
 Games & Puzzles

9:30-10:00 Daily

Walk, Walk, Walk Exercise

11:00-11:30

Swap & Share

11:30-12:15

Lunch

12:15-1:30

Project / Fellowship
 Needlework & Crafts

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		10:00-11:00 Devotions with Hunter (non-denominational) Win the Pot		10:00-11:15 Bingo Coffee Club Chair Exercise
7	8	9	10	11
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:00 Devotions with Tonee Campbell (non-denominational) Win the Pot Blood Pressure Checks		10:00-11:15 Bingo Coffee Club Let's get moving Nutrition Enjoy your food but eat less
14	15	16	17	18
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:15 Balance Exercise Devotions & Singing Donny & Linda (non-denominational)		10:00-11:15 Bingo Coffee Club Help with Community Day
21	22	23	24	25
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:00 Gospel & Country with Jimmy Doyle (non-denominational) Win the Pot		10:00-11:15 Bingo Coffee Club Safety Topic
28	29	30	31	
10:00-11:15 Corn Hole Adult Coloring Chair Exercise Word Search		10:00-11:00 Natalie with Alzheimer's Association Win the Pot		