

January 2019



South Strand
Senior Center
1032 10th Avenue N.
Surfside Beach, SC
29575
Monday-Friday
8:30-1:30
843-238-3644
Manager:
Jackie Willis

Daily Activities

8:30-9:30
Coffee & Chat

11:00-11:30
Daily News Review

11:30-12:30
Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Center Closed New Years Day	9:30-10:00 Games & Cards 10:00-11:00 Tideland Health Exercise with Michael 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Corn Hole 12:30-1:30 Cards, Games, Puzzles
7	8	9	10	11
9:30-10:00 Cards & Games Exercise 10:00-11:00 Nutrition 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Shop at Ross 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Blood Pressure with Peggy 12:30-1:30 Cards, Games, Puzzles
14	15	16	17	18
9:30-10:00 Cards & Games Exercise 10:00-11:00 Movie at Library 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games Exercise 10:00-11:00 Safety Tips for Seniors 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Sue with Inlet Resort 12:30-1:30 Cards, Games, Puzzles
21	22	23	24	25
Center Closed Martin Luther King	9:30-10:00 Cards & Games 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games Exercise 10:00-11:00 Activity at Library 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Wii Bowling 12:30-1:30 Cards, Games, Puzzles
28	29	30	31	
9:30-10:00 Cards & Games Exercise 10:00-11:00 Tidelands Health Healthy Eating 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Cards & Games 10:00-11:00 Chat Pack 12:30-1:30 Cards, Games, Puzzles	9:30-10:00 Games & Cards 10:00-11:00 Bingo 12:30-1:30 Cards, Games, Puzzles	

