

March 2019



Burgess Senior Center  
 10299 Highway 707 S.  
 Myrtle Beach, SC29577  
 Monday-Wednesday-Friday  
 8:30-1:30  
 843-650-2796  
 Manager:  
 Eula Mae Winningham

Daily Activities

8:30-9:00  
 Coffee & Chat

9:00-9:30  
 Devotions

(Non-denominational)

11:30-12:30  
 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
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				9:30-10:30 Leg & Thigh Exercise 10:30-11:30 Cooking Class 12:30-1:30 Life Choices Debra Smith
4	5	6	7	8
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Bean Bag Toss		9:00-10:00 Chair Exercise 10:30-11:30 Red Hat Club 12:30-1:30 Wedding Celebration		9:30-10:30 Waist & Leg Exercise 10:30-11:30 Minster Williams Joy (non-denominational) 12:30-1:30 Movie 10 <sup>th</sup> Commandment
11	12	13	14	15
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Community Outreach		9:30-10:30 Exercise 10:30-11:30 Nutrition Choose my Plate 12:30-1:30 Celebration of Gospel Joy Bells Movie		9:30 Exercise 10:30-11:30 Sue Inlet Medical 12:30-1:30 Horse Shoe Game
18	19	20	21	22
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Mary Kay		9:30-10:30 Exercise 10:30-1:30 Birthday Celebration		9:30-10:30 Exercise 10:30-11:30 Rev. Herman Williams 12:30-1:30 Home Care Lisa Anderson
25	26	27	28	
9:30-10:30 Exercise 10:30-11:30 Bingo 12:30-1:30 Noah Ark & Jonah Card Game		9:30-10:30 Exercise 10:30-11:30 Sister Dixon 12:30-1:30 Salem Senior Choir Anniversary Tape 1998		9:30-10:30 Exercise 10:30-11:30 Mrs. Craig Bible Trivia (non-denominational) 12:30-1:30 Sing-A-Long Group

Calendar Subject to Change

