

March 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: Kathy Jackson
Daily Activities
 8:30-10:00 Coffee & Chat
 Bridge Players
 Every Tuesday: 10:00-1:00
 March Birthday: Tina: 19
 Suzanne: 24, & Sheila: 26

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00-11:00 World News 11:00-1:30 Lunch 12:00-1:30 RummiKub & Card Games
4 10:00-11:00 Nutrition Education Choose my Plate & Bingo 11:00-12:00 Lunch 12:00-1:30 Card Games	5 10:00-11:00 Dollar Tree Shopping 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	6 10:00-11:00 Activity with Ray 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	7 10:00-11:00 Bingo & 50/25/25 11:00-12:00 Lunch 12:00-1:30 Card Games & RummiKub	8 10:00-10:35 Seating Exercise 10:40-11:00 Music/Game Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card 10Games
11 10:00-11:00 Health Education With Podiatrist 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	12 10:00-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	13 10:00-11:00 Bingo 11:00-12:00 Lunch 12:30-1:30 RummiKub & Card Games	14 10:00-11:00 ST. Patrick's Bingo 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	15 10:00-10:35 Seating Exercise 11:00-12:00 Cooking Class(Irish Foods) 12:00-1:30 RummiKub & Card Games
18 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	19 10:00-11:00 Dollar Tree Shopping 1:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	20 10:00-11:00 Low Impact Exercise 11:00-12:00 Lunch 12:00-1:30 Card Games	21 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	22 10:00-11:00 Seating Exercise 10:40-1:00 Local Restaurant /Birthday Party
25 10:00-11:00 Bingo/ Seating Exercise 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games	26 10:00-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Kings & Corner Card Games	27 10:00-10:30 Seating Exercise 10:30-11:00 RummiKub Games 11:00-12:00 Lunch 12:00-1:30 Card Games	28 10:00-11:00 Bingo 11:00-12:00 Lunch 12:00-1:30 Kings & Corners, RummiKub	29 10:00-10:35 Seating Exercise 10:40-11:00 Music/Game Time 11:00-12:00 Lunch 12:00-1:30 RummiKub & Card Games

Calendar Subject to Change

