

September

2026

Bluffton / Hilton Head Senior Center

60 & Better Program

September! I never tire of turning it over in my mind. It has warmth, depth, and color. It glows like old amber." — Patience Strong

Tillotson Gadsden

Bluffton Senior Program Supervisor

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Highlighted = Outing. * Events are Subject to Change



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nourish to Flourish "Malnutrition in Older Adults: Focus on Protein"	2 Bingocize+ Camp AME Church (Produce)	3 Ice -Cream Sundae Social + Bingocize	4 Midland Senior Wellness Fair (Columbia, SC)	5 
6 	7 Closed	8 Arts & Crafts (Senior Edition) Bingocize	9 Bingocize+ Camp AME Church (Produce)	10 Board Games + +Ida Closet +Malnutrition Bingo	11 St James Baptist Church (Senior Greeting) Hilton Head	12 
13 	14 Praise Assembly Church Senior Luncheon Port Royal	15 Axe Throwing + Card Games+ Bingocize	16 Sprenger Health Care Exercise & Lunch Port Royal	17 Technology Day "Tablet Training"	18 Wear Your Big Hat Day + Games + Bingocize	19 
20 	21 Beaufort Memorial Health Check + Bingocize	22 Lind Brown Mix & Mingle (Bluffton) Resource Distribution	23 Bingocize+ Camp AME Church (Produce)	24 Tablet Trivia + Board Games +Ida Closet	25 Theater Movie Popcorn + Snacks	26 
27 	28 Bingocize + Zumba Seated Exercise	29 Bluffton Self Help + Cards	30 Port Royal Mix and Mingle (Bluffton) Bingocize			