



















# September

Dale Community Center  
60 & Better Program  
29 Community Center Rd.  
Seabrook, SC 29940  
843-255-6786

Hessley Ferguson Dunnell  
Program Supervisor  
843-986-4407

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	 <p>2</p>	 <p>3</p>	<p>4</p> <p>Fly Swatter Tennis</p> <p>The Price is Right</p>	 <p>5</p>	<p>6</p> <p>Bookmark craft</p> <p>Silver Sneakers Seated Exercise</p>	 <p>7</p>
 <p>8</p>	 <p>9</p>	<p>10</p> <p>The Charleston Museum – bus leaves at 9:15 a.m.</p>	 <p>11</p>	<p>12</p> <p>Fresh Conversations: "Cooking for 1 or 2" Game: What Am I? Seated Exercise</p>	<p>13</p> <p>Free Friday: Sewing? Puzzles? Board games? Coloring? YOU CHOOSE</p>	 <p>14</p>
 <p>15</p>	<p>16</p> <p>Ladder Toss</p> <p>Taboo</p>	 <p>17</p> <p>W/ SH</p>	<p>18</p> <p>Scattergories</p> <p>Corn Hole</p>	<p>19</p> <p>Popcorn and a movie: "Thelma"</p>	 <p>20</p>	 <p>21</p>
 <p>22</p>	 <p>23</p>	<p>24</p> <p>Fresh Express at Bluffton Self Help Lunch</p>	<p>25</p> <p>Decoupage Craft</p> <p>Seated Exercise</p>	<p>26</p> <p>Mighty Eighth Air Force museum in Pooler \$12 admission Bus leaves at 9:30 a.m.</p>	<p>27</p> <p>Free Friday: Sewing? Puzzles? Board games? Coloring? YOU CHOOSE</p>	<p>28</p>
 <p>29</p>	 <p>30</p>		<p>We will be going to see Empire Waist on October 1<sup>st</sup>. The cost is \$5.75/person. Departure time is TBD.</p>			

