

November

2025

Bluffton Senior Center

60's and Better Program

"The true harvest of my daily life is somewhat intangible and indescribable as the tints of morning or evening. It is a little stardust caught, a segment of the rainbow which I have clutched." – Henry David Thoreau

Tillotson Gadsden

Bluffton Senior Program Supervisor

Work Cell (843) 929-7162

Highlighted = Outing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 	3 Fresh Conversation "Should You Worry About Vit-D Deficiency"	4 Sprenger Health Care (Exercise & Lunch)	5 Senior Day Fair Ladson	6 Farmers Market+ Games	7 Senior Breakfast Omelets Cafe	8 
9 	10 Lauren Shape Up(Yoga) & Bingo	11 Closed	12 Novant 65 Breakfast + Bingo	13 Technology Day "Tablet Training"	14 Jacksonville Field-trip (Farmers Market)	15 
16 	17 Bible Study (Pastor Sarah) + Bingo	18 Arts & Crafts (Senior Edition)	19 Bingo + Camp. Church (Veg)	20 Sprenger Health Care Arts & Craft 10am	21 Senior Outing (Lunch + Shopping)	22 
23 	24 Beaufort Memorial Health Check + Bingo	25 Bluffton Self Help + Cards	26 Bingo + Camp. Church (Veg)	27 Closed	28 Closed	29 

*Events are Subject to Change (Weather Permitted)