









# August

Dale Community Center  
60 & Better Program  
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Seabrook, SC 29940  
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Program Supervisor  
843-986-4407

## 2024

**\*\*ALL ACTIVITIES ARE SUBJECT TO CHANGE\*\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Peach Picking (Chappell Farms) in Barnwell	2 Hanging door sign craft Balloon Volleyball	3
4	5 	6 Bowling at Station 300. Bus leaves at 11 a.m. \$2.75/game \$4 shoe rental	7 	8 Fresh Conversations: The Sunshine Vitamin & The Connection with Depression Seated Exercise	9 Corn Hole Scattergories	10
11 Fly Swatter Tennis Card Games	12	13 	14 Board Games Water balloon toss	15 	16 Free Friday: Sewing? Puzzles? Board games? Coloring? YOU CHOOSE	17
18 Flower Craft Guided Meditation Yoga	19	20 Movies in Bluffton \$5.75 plus lunch	21 	22 Ralph Mark Gilbert Civil Rights Museum (Savannah)	23 	24
25 	26	27 Fresh Express at Bluffton Self Help with PR Bus leaves at 9 a.m. Lunch in Bluffton	28 Card and Board Games Gardening Seated Exercise	29 	30 Free Friday: Sewing? Puzzles? Board games? Coloring? YOU CHOOSE	31

