

60 & Better
St. Helena Senior Center
843-541-1536



Terry Dortch – Program Supervisor
Hours: 8AM – 4PM (Mon – Fri)
Activities are subject to change

2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Malnutrition Awareness Month</i>		1 Ax Throwing & Word Trivia 	2 Bingocize & Chair Exercises & Cornhole 	3 Arts & Crafts & Story Telling <i>Malnutrition Awareness Trifold</i>	4 Essential Shopping & Pity Pat Tournament	5
6	7 Labor Day Closed	8 Nourish to Flourish <i>"Malnutrition in older adults: Focus on Protein"</i> & Cornhole Tournament	9 Bingocize & Ax Throwing Contest 	10 Hobby Lobby, Thriftstore shopping & Beaufort Smokehouse Restaurant	11 Tablet Day & Family Feud 	12
13	14 Bingocize & Tell a Joke Day	15 <i>Ma Daisy's Tour & Lunch in Bluffton</i>	16 Bingocize & Card games	17 Guest Speaker Valerie Williams on Medicare & Board Games	18 Essential Shopping & Card Games <i>Nourish to Flourish Bingo</i>	19
20	21 Bingocize & Scramble Word Contest	22 Arts & Crafts & Speed Puzzle Search 	23 Bingocize & Word Search Race	24 Bowling & Lunch in Bluffton <i>(limited space available)</i>	25 Tablet Day & Chair Exercise <i>Nourish to Flourish Bingo</i>	26
27	28 Bingocize & Family Feud	29 Visit Scott Center	30 Bingocize & Pity Pat Tournament	Senior note: <i>Please remember to sign attendance and meal reservation sheets</i> <i>The month of September is Malnutrition Awareness Month</i>		