September 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September	r is National	Senior Cent	1 Arts & Crafts + Music Trivia	2 College Colors Day: Wear Your College/Favorite College Colors	3 HEALTH TIPS	
4	5	6	7	8	9	10
	Happy Labor Day! All Centers Will Be Closed	UNO & Seated Exercise	Bingo + Fresh Conversations: Heart Healthy Fat Facts	Arts & Crafts + Dominoes	Game Time: Would You Rather + Card Game of Choice	NORTH CAROLINA
11	12	13	14	15	16	17
	Bingo & Chair Yoga	Corn Hole & Poetry Day, Bring a Poem to Read	Bingo & A-Z Catergories	Line Dancing & Disney Trivia	Family Photo Day & Scattergories	
18	19	20	21	22	23	24
	Bingo + Sit & Be Fit	Tech Class 101 & Name that Tune	Bingo + Sit & Be Fit	Happy First Day of Fall! September Birthday Celebration	Facility Outing	
25	26	27	28	29	30	
	Bingo + Brunch Pancake Breakfast	Seated Excercise & Card Game of Choice	Bingo + All Things North Carolina Day	LadderBall & Exercise	Safety Class + Balloon Games Wear an Orange Shirt Day	
60s and Better Program				Marisa Freeman, Program Supervisor, Port Royal	Cell Phone: 843- 929-2717	1514 Richmond Avenue Port Royal SC **Activities are Subject to Change**