

July

BURTON WELL SENIOR PROGRAM
DONDRETT POPE
1 MIDDLETON RECREATIONAL DR.
843-441-6804

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	 2	 3	 4
5	6 CHAIR EXERCISES!!!	7  WALKING	8  9	9 GUEST SPEAKER & GAME DAY!!!	10 SHELL POINT BAPTIST CHURCH & LUNCH	11
12	13  WALKING	14 SOCIALIZE 	15  16	16 MIX & MINGLE ST. HELENA	17 MIRA SOL HEALTH PRESENTATION	18
19 	20 NOURISH 2 FLOURISH S.C. BRIGHT BITE/FRUITS & VEGGIES FOR VITELITY	21  WALKING	22  23	23 BLUFFTON THRIFT STORES & LUNCH	24 LUNCH AT SEA ISLAND GRILL	25
	27  FOLDER DAY!!!	28 SOCIALIZE 	29 SHOPPING IN BEAUFORT & LUNCH	30 MIX & MINGLE W/BLUFFTON @ BURTONWELLS	31 FREE FRIDAY & SOCIALIZE	