




October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	60 and Better Program	Chair Exercises Puzzles	Board Games Sitter Cise	Round Table Discussion Chair Exercises	Movie Walk Around the Block	
6	7 Puzzles Sitter Cise	8 Chair Exercises Board Games	9 Coffee And Discussion Word Games	10 Walk around the Block This or That Game	11 Bingo Corn Hole	12
13 Board Games Chair exercises	14	15 Walk Around the Block Fresh Conversations: Colorful Plate	16 Bingo Chair Exercises	17 Cookie Decorating Qigong	18 Jewelry Making (Bracelets) Board Games	19
20	21 City Marina and Lunch	22 Frampton House Plantation and Visitors Center	23 Bingo Fall Craft	24 Tea Party (Wear Pink) Walk Around the Block	25 Fall Decoupage Craft Sitter Cise	26
27 	28 Lunch at Bricks on Boundary	29 Fresh Express at Bluffton Self Help	30 Bingo October Birthday Bash	31 Halloween Fun and Games		
Lind Brown Center 1001 Hamar Street Beaufort, SC 29488	Sandra Stanfield Senior Program Supervisor					All Activities Are Subject to Change