

# August

2024

Bluffton Senior Center

## 60's and Better Program

If you love summer, August gives you time to make the most of it. If you're tired of summer, rest assured that the cool days of fall are arriving soon.











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Bluffton Senior Program Supervisor

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Highlighted = Outing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Paint & Sip (Sparkling Bubbles)	3 
4 	5 Fresh Conversation The "Sunshine" Vitamin & the connection with Depression	6 Sprenger Health Exercise & Lunch 11am	7 Bingo + Tablet Training + Camp AME (Produce)	8 Ida Closet Campbell AME Church + Cards	9 World TRIVIA + Games	10 
11 	12 Lauren Shape Up (Seated Yoga) + Bingo	13 Muffin Day ( Baking ) + Senior Building Activity	14 Bingo + Tablet Training + Camp AME (Produce)	15 Sprenger Health Care (Arts & Crafts)	16 Theater Movie Day (Popcorn + Snacks)	17 
18 	19 Bible Study (Pastor Sarah) + Bingo	20 Arts & Crafts (Senior Edition)	21 Bingo + Tablet Training + Camp AME (Produce)	22 Ida Closet Campbell AME Church + Cards	23 Senior Outing (Breakfast)	24 
25 	26 Lauren Shape Up (Seated Zumba) + Bingo	27 Bluffton Self Help + Cards	28 Bingo + Tablet Training + Camp AME (Produce)	29 Cornhole + Senior Movie	30 Birthday Celebration	31 

\*Events are Subject to Change (WeatherPermitted)