

St. Helena Island  
Senior Center  
60 & BETTER



# 2024

TERRY DORTCH-PROGRAM  
SUPERVISOR

(843) 541-1539

HOURS: 8AM - 4PM (MON. -  
FRI.)

\*\*Activities are subject to  
change\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Barnwell Peach Farm <sup>1</sup> 	Chair Exercise <sup>2</sup> and Memory Games	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> DOLLAR GENERAL Essential Shopping	<sup>6</sup> BINGO and Card Games	<sup>7</sup>  The "Sunshine" vitamin and the connection with depression Fresh Conversation	<sup>8</sup>  Bluffton Bowling	Chair Exercise <sup>9</sup> and Bible Trivia	<sup>10</sup>
<sup>11</sup>	<sup>12</sup> BINGO Memory Games	<sup>13</sup>  ART CRAFT and Painting	<sup>14</sup>  IT'S GAME TIME! Cornhole & card games	<sup>15</sup> Orangeburg Museum 	Tablet Day <sup>16</sup> and Community Talk	<sup>17</sup>
<sup>18</sup>	<sup>19</sup> LUNCHEON Burton Wells Luncheon	<sup>20</sup> Walking Exercise  Essentials Shopping	<sup>21</sup> StoryTelling  Bradley Senior Expo	<sup>22</sup> TRIVIA Slogan Trivia & Memory Game	Exercise Video <sup>23</sup> and Stretching Routine	<sup>24</sup>
<sup>25</sup>	<sup>26</sup>  Card Game & Card Games	<sup>27</sup>  Discuss salt and sugar Healthy Conversation	<sup>28</sup>  Bingo & Card Games	<sup>29</sup> Healing Waters Blackville 	Bible Trivia <sup>30</sup> and Word Game - Finish The Statement	<sup>31</sup>