

SCOTT SENIOR CENTER

60 & Better



APRIL

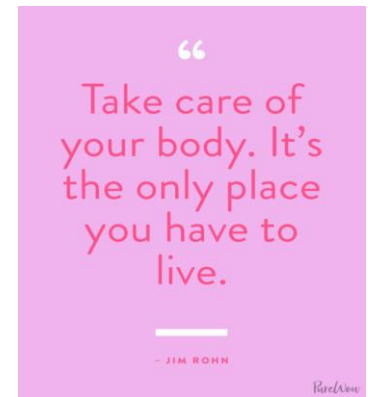
2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Daily Activities Morning Devotion 10:30 – 10:45 Social Time 11:00 – 12:00 Group Dining – 12:00</p>	<p>APRIL AUTISM AWARENESS MONTH</p>	<p>HAPPY WOMEN'S FITNESS MONTH</p>	<p>1) <i>Happy April Fools Day</i></p> <p>FIELD TRIP Senior Day in Bluffton WEAR GOLD T-Shirt</p>	<p>2) LOCAL FIELD TRIP</p> <p>Volunteer Egg Hunt Denise Little People Home Care</p>	<p>3) <i>Happy Good Friday</i></p> <p>CENTER CLOSED</p>	<p>4) April is STRESS Awareness Month</p>
<p>5) HAPPY EASTER SUNDAY</p>	<p>6) World Autism Day WEAR BLUE for Autism</p> <p>Walk with Ease Egg Relay Race</p>	<p>7) Autism Awareness Word Search</p> <p>Sit & Be Fit</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>8) Stress Awareness Word Search</p> <p>CHAIR YOGA</p> <p>Beanbag Toss</p>	<p>9) FIELD TRIP</p> <p>First African Baptist Church Tour Savannah, GA (WEAR BLUE)</p>	<p>10) National Siblings Day</p> <p>Fresh Produce Distribution St. Helena Elementary 10 AM – 12 Noon Siblings Word Search B-I-N-G-O-C-I-Z-E</p>	<p>11) Work it Out!</p> <p>PUSH YOURSELF Because no one ELSE IS GOING TO DO IT FOR YOU</p>
<p>12) What do you call a bear with no teeth?</p> <p>A gummy bear.</p>	<p>13) Motown Monday Exercise</p> <p>B-I-N-G-O-C-I-Z-E</p> <p>Exercise Word Search</p>	<p>14) FIELD TRIP</p> <p>Volunteer Day New Life Deliverance Food Bank WEAR PINK T-Shirt</p>	<p>15) LOCAL FIELD TRIP</p> <p>Grace Over Lunch Lady's Island, SC</p>	<p>16) Tell A Joke Word Search</p> <p>Reach & Stretch Exercise</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>17) Color by Number</p> <p>Walk with Ease</p> <p>Beanbag Toss</p>	<p>18) </p>
<p>19) I WILL NOT STRESS OVER THINGS I CANNOT CONTROL.</p>	<p>20) Straw Hat Craft</p> <p>BLOOD PRESSURE ✓ Lady's Island Fire Dept.</p> <p>Chain Reaction</p>	<p>21) Fresh Conversations Topic: Eating Out and Eating Healthy – Just Got Easier</p> <p>WALK WITH EASE</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>22) HAPPY EARTH DAY!</p> <p>Color by Number Daffodil Garland Craft</p>	<p>23) FIELD TRIP</p> <p>International African Art Museum Charleston, SC</p>	<p>24) Adult Coloring</p> <p>THURSDAY TWIST & SHOUT EXERCISE</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>25) BE YOUR OWN INSPIRATION</p>
<p>26) What do you get when you cross a bumblebee with an Easter bunny?</p> <p>A Honey Bunny</p>	<p>27) Motown Monday Exercise</p> <p>Women's Day Word Search</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>28) Art & Craft with The Green Herring</p> <p>Famous Artists Word Search</p>	<p>29) FIELD TRIP</p> <p>Chair Exercise with Tyrone Lind Brown Center</p>	<p>30) HAPPY BIRTHDAY!</p> <p>Dora James – 7th Jessie Green – 8th Florence Davis – 12th Georgia Daise – 27th</p> <p>B-I-N-G-O-C-I-Z-E</p>	<p>Mary G. Bolles – Program Supervisor Scott Senior Center - Gloria Potts Community Center 130 Seaside Road St. Helena Island, SC 29920 Hours: 8:00am – 4:00pm (Monday – Friday) (843) 929 - 7149</p> <p>** EVENTS ARE SUBJECT TO CHANGE **</p>	

Healthy Foods

D	S	F	F	D	O	A	C	N	T	E	S	H	E
T	E	U	S	A	A	A	P	O	I	C	R	L	L
A	I	A	A	T	P	S	U	M	A	H	P	H	E
E	G	S	N	E	S	P	N	L	H	I	O	C	E
M	G	T	E	S	S	D	H	A	C	A	H	A	I
N	E	E	G	G	S	O	E	S	T	S	S	N	H
A	V	F	N	M	O	L	N	S	A	E	A	I	T
E	C	A	R	R	O	T	S	S	M	E	U	P	O
L	T	A	T	F	R	U	I	T	S	D	Q	S	O
N	V	S	B	E	A	N	S	A	T	S	S	C	M
G	L	I	L	S	A	C	E	L	E	R	Y	C	S
S	E	L	P	P	A	M	P	O	P	C	O	R	N
E	U	K	A	L	E	N	P	U	M	P	K	I	N
O	E	N	U	T	S	K	A	V	S	S	A	O	E

- CELERY
- SMOOTHIE
- SALMON
- CHIA SEEDS
- BEANS
- VEGGIES
- POPCORN
- EGGS
- LEAN MEAT
- NUTS
- PUMPKIN
- KALE
- APPLES
- DATES
- CARROTS
- SPINACH
- FRUITS
- MATCHA
- SQUASH
- TEA



TAKE ACTION – Commit to a 15-minute walk or activity after each meal – even if it's around the house using a walker.

