

November

2024

Bluffton Senior Center

60's and Better Program

Focusing on one thing that you are grateful for increases the energy of gratitude and rises the joy inside yourself. Oprah "

Tillotson Gadsden










Bluffton Senior Program Supervisor

Work Cell (843) 929-7162

Highlighted = Outing

Events are Subject to Change (Weather Permitted)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Movie Day (Popcorn)	2 
3 	4 Lauren Shape Up (Yoga) + Bingo	5 Sprenger Health Care Lunch & Exercise	6 Lowcountry Senior Fair Charleston SC	7 Theater Day (Movie + Popcorn)	8 Heritage with Port Royal Senior Center	9 
10 	11 Closed	12 Technology Day Senior Course	13 Hampton Community Health Fair Hampton, SC	14 Sprenger Health Care Arts & Crafts	15 Sports Day (Wear your Fav Sport Apparel)	16 
17 	18 Mix & Mingle With Port Royal	19 Arts + Crafts Senior Edition	20 Bingo + Camp AME Church (Produce)	21 Scott Center Mix & Mingle	22 Senior Outing LUNCH + SHOPPING	23 
24 	25 Lauren Shape Up (Senior Core) + Bingo	26 Thanksgiving Dinner (POT -LUCK)	27 Bingo + Camp AME Church (Produce)	28 Closed	29 Closed	30 