

September

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dale 60 & Better Program 25 Community Center Rd. Seabrook, SC 29940	Hessley Ferguson Dunnell Rec Leader II 843-986-4407 843-255-6786	1 BINGO Blank Slate	2 Fresh Express Bluffton (9:30) Lunch TBD	3 Bracelet Making Seated Exercise	4 BINGO Corn Hole	5
6	7 Closed for Labor Day	8 Movies in Pooler (9:30)	9 Salvation Army (9:30) BINGO (after lunch)	10 Nourish to Flourish- Malnutrition in Older Adults: Focus on Protein	11 St. Helena Food Distribution (9:15)	12
13	14 BINGO Flower Pot craft	15 Mix and Mingle with PR Center (at Dale)	16 Balloon Volleyball Board Games	17 BINGO Succulent planting	18 Healing Springs (9:00)	19
20	21 Adult malnutrition info session Nourish to Flourish BINGO	22 Crabbing at Seabrook Pier (Time TBD)	23 BINGO ASL	24 Fall Welcome Signs Seated Exercise	25 BINGO Birthday Celebration	26
27	28 Paint by Numbers Activity Sheets	29 Bee City Zoo (9:00)	30 BINGO Seated Exercise	All activities are written in green. All activities are subject to change.		Happy Birthday Hessley 9/1 Doris 9/5 Marva 9/10 Darlene 9/20