

SCOTT SENIOR CENTER

60 & Better



2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Daily Activities Morning Devotion 10:30 – 10:45 Social Time 11:00 – 12:00 Lunch – 12:00	2) Health & Nutrition Word Search Wear African Attire to celebrate cultural identity & heritage B-I-N-G-O	3) FIELD TRIP Savannah Trolley Tours Big Mamma's Kitchen Savannah, GA	4) Discover What Your Name Means Burton Wells Center Mix & Mingle with Us Chair Exercise	5) St. Patrick's Day Hidden Pictures Senior Memory Game B-I-N-G-O	6) International Women's Day Luncheon Presenter Carrie Major Adult Coloring		
8) March is Nutrition Awareness Month	9) Motown Monday Exercise Health & Nutrition Word Search Beanbag Challenge	10) FIELD TRIP ESSENTIAL SHOPPING TRIP Tuten's Meat Market Hampton, SC	11) Fresh Conversations Topic: Macular Degeneration: Sight – Saving Strategies March Madness B-I-N-G-O	12) FIELD TRIP BINGO AT RESORT OF BEAUFORT Wear GOLD T-Shirt	13) Fresh Produce Distribution St. Helena Elementary 10 AM – 12 Noon B-I-N-G-O Fun Friday Trivia		
15) Romans 4:7-8	16) FIELD TRIP BLUFFTON THRIFTING Bluffton, SC	17) St. Patrick's Day WEAR GREEN B-I-N-G-O St. Patrick's Day - I Spy GREEN THINGS	18) FIELD TRIP Chair Exercise with Tyrone Lind Brown Center	19) Disability & Special Needs Appreciation Party WEAR ORANGE Beanbag Toss SEN Word Search	20) On Your Own Jewelry Making Diversity Coloring B-I-N-G-O	21) First day of Spring MARCH 19	
22) DISABILITY AWARENESS MONTH MARCH	23) Color by Number B-I-N-G-O Chair Exercise	24) Spring Word Search Ability Crossword Puzzle Seashell Candle Holder	25) Spring - I Spy 1 – Minute Mind Boggling Game B-I-N-G-O	26) FIELD TRIP Healing Springs Blackville, SC	27) Chit-Chat, Chew Past & Present Game DAYTONA 500 RACE	28) Worry LESS Sleep MORE	
29) Be strong, be fearless, be beautiful.	30) HAPPY BIRTHDAY! Carolyn Johnson – 7 Marilyn Lampley – 19 Doris Neely – 27 B-I-N-G-O	31) SIT & BE FIT SparkLight Presentation Powerful Women Word Search	 March - National Nutrition Month Fuel for the FUTURE	Mary G. Bolles – Program Supervisor Scott Senior Center – Gloria Potts Center 130 Seaside Road - St. Helena Island, SC 29920 Hours: 8:00am – 4:00pm (Monday – Friday) (843) 929-7149 ** EVENTS ARE SUBJECT TO CHANGE **			

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

COMFORT IS KEY TO A GOOD NIGHT'S SLEEP

Hot tea, warm socks, and a soothing bath can do wonders.



**She is clothed
with strength
and dignity; she
can laugh
at the days to
come.**

Proverbs 31:28

