



Monday

# September 2021



Friday

Tuesday

Wednesday

Thursday



1  
9:30-Arrival/Temp Checks  
10:00 Power Hour  
11:30 Lunch to Go  
12:00 Clean-Up

2  
9:30 Arrival/Temp Checks  
10:00 Craft  
11:00 Exercise Silver Sneakers  
12:00 Lunch to Go  
12:30 Clean Up

3  
9:30 -Temp check/ Words of Wisdom/ Exercise  
10:00 BINGO  
11:30 Lunch to Go  
12:00 Clean Up

6  
  
**CLOSED CELEBRATE SAFELY**

7  
9:30-Arrival/Temp Checks  
10:00 Quilt Project  
11:30 Lunch to Go  
12:00 Clean-Up

8  
9:30-Arrival/Temp Checks  
10:00 Power Hour  
11:30 Lunch to Go  
12:00 Clean-Up

9  
9:30 Arrival/Temp Checks  
10:00 Crafts  
11:00 Silver Sneakers  
12:00 Lunch to Go  
12:30 Clean Up  
Bon Secours Mobile health Van 8-3

10  
9:30 -Temp Checks  
10:00 Words of Wisdom  
Health Talk-Bon Secours  
10:30 Physical Therapy  
11:30 Lunch to Go  
12:00 Clean Up

13  
9:00-Arrival/Temp Checks/Exercise  
10:00 Speaker  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

14  
9:00-Arrival/Temp Checks  
10:00 Bags  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

15  
9:00-Arrival/Temp Checks  
10:00 Power Hour  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

16  
9:00 Arrival/Temp Checks  
10:00 Silver Sneakers  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

17  
9:00 -Temp Checks  
10:00 Words of Wisdom  
10:30 Open House  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

20  
9:00-Arrival/Temp Checks/Exercise  
10:00 Financial Talk  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

21  
9:00-Bargains Grocery Store  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

22  
9:00-Arrival/Temp Checks  
10:00 Power Hour  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

23  
9:00 Arrival/Temp Checks  
10:00 Silver Sneakers  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

24  
9:00 -Arrival/Temp Checks  
10:00 Words of Wisdom  
10:30 Calendar Review  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

27  
9:00-Arrival/Temp Checks/Exercise  
10:00 Hot Topic Discussion  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00 Departure

28  
9:00-Arrival/Temp Checks/Exercise  
10:00 Bags  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

29  
9:00-Arrival/Temp Checks  
10:00 Power Hour  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

30  
9:00 Arrival/Temp Checks  
10:00 Silver Sneakers  
11:30 Lunch  
12:00 Clean Up  
12:30 Social Time  
1:00-Departure

**Sterling Community Center**

**113 Minus St., Greenville**

864.235.4026/864-380-0992

Site Program Coordinator: Sylvia Vandross

Hours of Operation  
Monday-Friday 9-1

