

# Sterling Community Center

113 Minus St.  
Greenville, SC 29605  
864-235-4026

Site Coordinator: Sylvia Vandross  
Hours: 9:00am - 1:00pm



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 9a Closed	3 9a Arrival & Fellowship 10a Chair Exercise 10:30a Craft 11:30a Lunch 12:30p Clean Up 1p Departure	4 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	5 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	6 9a Walmart Powdersville 9a Arrival & Fellowship 10a Yoga 11:30a Lunch 12:30p Clean Up 1p Departure
9 9a Arrival & Fellowship 10a Health Education Bon Secours 11:30a Lunch 12:30p Clean Up 1p Departure	10 9a Well Walkers 9a Arrival & Fellowship 10:30a Craft 11:30a Lunch 12:30p Clean Up 1p Departure	11 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	12 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	13 9a Arrival & Fellowship 10a Dementia Health Talk 11:30a Lunch 12:30p Clean Up 1p Departure
16 9a Closed MLK Holiday	17 9a Arrival & Fellowship 10a Chair Exercise 10:30a Craft 11:30a Lunch 12:30p Clean Up 1p Departure	18 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	19 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	20 9a Arrival & Fellowship 10a Yoga 10:30a Remembering Civil Rights 11:30a Lunch 12:30p Clean Up 1p Departure
23 9a Arrival & Fellowship 10a COG Assessments 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	24 9a Well Walkers 9a Arrival & Fellowship 10:30a Craft 11:30a Lunch 12:30p Clean Up 1p Departure	25 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	26 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	27 9a Arrival & Fellowship 10a Yoga 10:30a Birthday Celebration & BINGO 11:30a Lunch 12:30p Clean Up 1p Departure
30 9a Arrival & Fellowship 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	31 9a Arrival & Fellowship 10a Chair Exercise 10:30a Craft 11:30a Lunch 12:30p Clean Up 1p Departure			

