

Sterling Community Center

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

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



February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	2 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	3 9a Bargains Store 11:30a Lunch 12:30p Clean Up 1p Departure
6 9a Arrival & Fellowship 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	7 9a Well Walkers 9a Arrival & Fellowship 10:30a Quilted Bag 11:30a Lunch 12:30p Clean Up 1p Departure	8 9a Arrival & Fellowship 10a Seniors Valentine Tea at Freetown Community Center 11:30a Lunch 12:30p Clean Up 1p Departure	9 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	10 9a Arrival & Fellowship 10a Aromatherapy-Roller Balls 11:30a Lunch 12:30p Clean Up 1p Departure
13 9a Arrival & Fellowship 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	14 9a Arrival & Fellowship 10a Chair Exercise 10:30a Valentine Celebration BINGO 11:30a Lunch 12:30p Clean Up 1p Departure	15 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	16 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	17 9a Roses 11:30a Lunch 12:30p Clean Up 1p Departure
20 9a Arrival & Fellowship 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	21 9a Well Walkers 9a Arrival & Fellowship 10:30a Birthday Celebrations 11:30a Lunch 12:30p Clean Up 1p Departure	22 9a Arrival & Fellowship 10a Power Hour 11:30a Lunch 12:30p Clean Up 1p Departure	23 9a Arrival & Fellowship 10a Silver Sneakers 11:30a Lunch 12:30p Clean Up 1p Departure	24 9a Arrival & Fellowship 10a Blood Pressure Workshop Event Bon Scours 11:30a Lunch 12:30p Clean Up 1p Departure
27 9a Arrival & Fellowship 10a COG Assessments 10a Cooking Matters 11:30a Lunch 12:30p Clean Up 1p Departure	28 9a Arrival & Fellowship 10a Chair Exercises 10:30a Celebrating Black History 11:30a Lunch 12:30p Clean Up 1p Departure			

