

# SCOTT SENIOR CENTER

## 60 & Better



# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Daily Activities</b> Morning Devotion 10:30 – 10:45 Social Time 11:00 – 12:00 Group Dining – 12:00	March is an example of how beautiful new beginnings can be.	Pair one food that is high in iron with a Vitamin C containing food to increase absorption.		Mary G. Bolles – Program Supervisor 242 Scott Hill Road St. Helena Island, SC 29920 Hours: 8:00am – 4:00pm (Monday – Friday) (843) 476-6907 <b>** EVENTS ARE SUBJECT TO CHANGE **</b>	1) <b>MARCH is Red Cross Month</b> 	1) <b>MARCH is Red Cross Month</b> 
2)	3) Crossword Puzzle  Mtown Monday Exercise  <b>B-I-N-G-O</b>	4) <b>GREEN THUMB THERAPY</b> Family Feud Game Gardening Word Search	5) Adult Coloring  Discover What's In a Name  <b>B-I-N-G-O</b>	6) <b>Women's Day Word Search</b> NATIONAL OREO COOKIE DAY Women's Day Wellness & Empowerment Symposium	7) <b>FREE Friday Karaoke</b> Chit-Chat, Chew  Jigsaw Puzzling	8) <b>SPRING FORWARD!</b> Daylight Saving Time 
9)	10) Reach & Stretch Exercise Flower Power Word Search  Beanbag Challenge	11) <b>Fresh Conversations</b> Topic: Protein: Not Just a Supper Thing  <b>B-I-N-G-O</b>	12) <b>FIELD TRIP</b> Retail Therapy Walterboro, SC 	13) Senior Memory Game Sleepy Word Search  <b>B-I-N-G-O</b>	14) Make Shamrock Shake Fresh Produce Distributions 10 am – 12 Noon St. Helena Elementary School Card & Board Games	15) <b>Finally my winter fat is gone, now I have spring rolls.</b>
16) <b>Not lucky</b> 	17) <b>HAPPY ST. PATRICK'S DAY</b> St. Patrick's Word Search  <b>B-I-N-G-O</b>	18) Spring Scavenger Hunt Spring Color by Number Past & Present Pairs Game	19) <b>FIELD TRIP</b> Mix & Mingle with Bluffton Senior Center Beanbag Toss Competition	20) <b>1st Day of Spring Nutrition Rich Foods vs. Empty Calories: WALK with EASE</b> Presenter - Susan Tucker	21) Spring Forward Word Search Happy LAST day of Winter!!! <b>B-I-N-G-O</b>	22) <b>DISABILITY AWARENESS MONTH</b> MARCH 
23) <b>EAT well MOVE daily HYDRATE often SLEEP lots LOVE your body REPEAT for life</b>	24) Healthy Word Search <b>BLOOD PRESSURE ✓</b> Lady's Island Fire Dept. <b>B-I-N-G-O</b>	25) Medal of Honor Day  <b>Chit, Chat, Chew</b> Jigsaw Puzzling	26) <b>FIELD TRIP BOWLING</b> Bluffton, SC	27) <b>Sit &amp; Be Fit</b>  Health Care Trivia  <b>B-I-N-G-O</b>	28) <b>FREE Friday Karaoke</b>  Tablet Techin'  <b>Beanbag Toss</b>	29) <b>SHE IS Strong</b> PROVERBS 31:25 
30)	31) <b>March Birthdays:</b> Carolyn Johnson - 7th Musical Chairs Game					

See the **ABILITY**  
 Not the **DISABILITY**



# Womens Day Wordsearch

M	N	A	O	M	I	W	O	L	F	E	M	G	T
A	G	I	N	A	M	A	R	T	I	N	A	R	S
Y	E	T	A	O	C	D	G	R	N	A	A	B	A
A	W	H	S	L	L	E	W	B	A	D	I	G	N
A	S	A	N	F	R	I	D	A	K	A	H	L	O
N	A	U	D	R	E	L	O	R	D	E	D	N	A
G	S	I	V	A	D	A	L	E	G	N	A	D	O
E	T	A	R	A	N	A	B	U	R	K	E	L	N
L	G	R	A	C	E	L	E	E	B	O	G	G	S
O	L	G	S	N	O	S	T	A	W	A	M	M	E
U	L	R	E	K	L	A	W	E	C	I	L	A	N
Y	A	G	E	N	N	A	X	O	R	A	A	O	B
L	Y	N	O	H	T	N	A	B	N	A	S	U	S
M	N	O	I	D	I	D	N	A	O	J	O	D	I

- RBG
- EMMAWATSON
- SUSANBANTHONY
- IDABWELLS
- JOANDIDION
- TARANABURKE
- ROXANNEGAY
- FRIDAKAHL
- ANGELADAVIS
- GINAMARTIN
- AOC
- GRACELEEBOGGS
- AUDRELORDE
- NAOMIWOLFE
- ALICEWALKER
- MAYAANGELOU

**Take Action:** Set aside some time to add flexibility into you daily routine.

HEALTHY FOODS WORD SCRAMBLE

- LEECRY \_\_\_\_\_
- LAKE \_\_\_\_\_
- ASSUHQ \_\_\_\_\_
- NIPCSHA \_\_\_\_\_
- LAPESP \_\_\_\_\_
- NEBAS \_\_\_\_\_
- SMNOAL \_\_\_\_\_
- GESG \_\_\_\_\_
- TUNS & DESES \_\_\_\_\_