

June

2024

Bluffton Senior Center

60's and Better Program

Soak up the sun. Ride the waves. Breathe the salty air. Feel the breeze. Build sandcastles. Rest, relax, reflect. Collect seashells. Bare-feet required.

Tillotson Gadsden

Bluffton Senior Program Supervisor

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*Highlighted = Group Outing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **Subject to Change
2 	3 Bingo + Lauren Shape Up (Pilates)	4 Fresh Conversation: (Are Healthy Bones Important)	5 Bingo + Camp AME Church (Produce) + Tablet Training	6 Arts + Crafts (Senior Editon)	7 World Travia + Sequence Game	8 
9 	10 Bible Study (Pastor Sarah) + Bingo	11 *Sprenger Health Care *Exercise + Lunch 11am	12 Bingo + Camp AME Church (Produce) + Tablet Training	13 Ida Closet (Camp Church + Cards)	14 Theater + Movie (Popcorn)	15 
16 	17 Lauren Shape Up (Seated Yoga) + Bingo	18 Arts + Crafts Senior Editon	19 Bingo + Camp AME Church (Produce) + Tablet Training	20 *Bluffton Farmers Market + Park	21 *Senior Outing + Breakfast *“Omlette Café “	22 
23 	24 Bingo + Seated Zumba Exercise	25 Bluffton Self Help (Produce + Cards)	26 Bingo + Camp AME Church (Produce) + Tablet Training	27 *Sprenger Health Care *Arts + Crafts 10 am	28 Senior Corn Hole + Cards	29 
30 						

