



# OCTOBER 2021

Dr. T. K. Gregg Community Center  
 650 Howard St.  
 Spartanburg, SC 29303  
 Recreation Assistant: Linda Askari



## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:30—Coffee Chat 9:30—Devotion 10:15—Walk 10:30—Bingo 11:00—Lunch 12:00—Dance	<b>2</b>
<b>3</b>	<b>4</b> 8:30—Coffee Chat 9:30—Chair Exercise 10:00—Advisory Meeting 11:00—Lunch 12:00—Devotion 12:30—Walk	<b>5</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Simon Says Game 11:00—Lunch 12:00—Arthritis Exercise	<b>6</b> 8:30—Coffee Chat 9:00—Walk 10:00—Electric Slide 11:00—Lunch 12:00—Discussion: Fears	<b>7</b> 8:30—Coffee Chat 9:30—Cell Phone 101 10:30—Devotion 11:00—Lunch 12:00—Arthritis Exercise	<b>8</b> 9:00—Coffee Chat 9:30—Walk 10:00—Games/Bingo 11:00—Lunch 12:00—Free Style Dance	<b>9</b>
<b>10</b>	<b>11</b> 9:00—Coffee Chat 9:30—Walk 10:00—Basketball 11:00—Lunch 12:00—Discussion: Panic Attacks	<b>12</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Checkers 11:00—Lunch 12:00—Arthritis Exercise	<b>13</b> 9:00—Coffee Chat 9:30—Walk 10:00—Chair Exercise 11:00—Lunch 12:00—Health Information with Lontisha	<b>14</b> 9:00—Coffee Chat 9:30—Board Games 10:00—Line Dance 11:00—Lunch 12:00—Arthritis Exercise	<b>15</b> 9:00—Coffee Chat 9:30—Walk 10:00—Puzzles 11:00—Lunch 12:00—Chair Exercise	<b>16</b>
<b>17</b>	<b>18</b> 9:00—Coffee Chat 9:30—Devotion 10:00—Meditation 11:00—Lunch 12:00—Discussion: COVID Fears	<b>19</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Bingo 11:00—Lunch 12:00—Arthritis Exercise	<b>20</b> 9:00—Coffee Chat 9:30—Chair Exercise 10:00—Walk 11:00—Lunch 12:00—Discussion: Dating	<b>21</b> 9:00—Coffee Chat 9:30—Devotion 10:00—Bingo 11:00—Lunch 12:00—Arthritis Exercise	<b>22</b> 9:00—Coffee Chat 9:30—Chair Exercise 10:00—Cell Phone 101 11:00—Lunch 12:00—Nutrition Education	<b>23</b>
<b>24</b>  <b>31</b>	<b>25</b> 9:00—Coffee Chat 9:30—Devotion 10:00—Word Puzzles 11:00—Lunch 12:00—Discussion: World History	<b>26</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Walk 11:00—Lunch 12:00—Arthritis Exercise	<b>27</b> 9:00—Coffee Chat 9:30—Electric Slide 10:00—Memory Games 11:00—Lunch 12:00—Singing	<b>28</b> 9:00—Coffee/Chat 9:30—Halloween Party 10:00—Costume Contest 11:00—Lunch 12:00—Arthritis Exercise	<b>29</b> 9:00—Coffee 9:30—Walk 10:00—Discussion: Relaxation Techniques 11:00—Lunch 12:00—Families Inv.	<b>30</b>

*All activities are subject to change.*