



# NOVEMBER 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—Chair Exercise 10:00—Discussion: Dating 11:00—Lunch 12:00—Walk/TV	<b>2</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Puzzles 11:00—Lunch 12:00—Arthritis Exercise	<b>3</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Dance 11:00—Lunch 12:00—Meditation	<b>4</b> 8:30—Coffee Chat 9:30—Sing-A-Long 10:00—Devotion with Dr. C. D. Rector 11:00—Lunch 12:00—Arthritis Exercise	<b>5</b> 9:00—Coffee Chat 9:30—Telling History with Dance 10:30—Advisory Meeting 11:00—Lunch 12:00—Chair Exercise	<b>6</b>
<b>7</b>	<b>8</b> 8:30—Coffee Chat 9:30—Mental Health with Access Health 11:00—Lunch 12:00—Walk 12:30—Mediation	<b>9</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Puzzles 11:00—Lunch 12:00—Arthritis Exercise	<b>10</b> 8:30—Coffee Chat 9:30—Arts/Crafts 10:30—Walk 11:00—Lunch 12:00—Exercise	<b>11</b> <b>Closed</b> <b>Veterans Day</b>	<b>12</b> 9:00—Coffee Chat 9:30—The Blues Birthday Party 10:30—Devotion 11:00—Lunch 12:00—Walk/Leg Exercise	<b>13</b>
<b>14</b>	<b>15</b> 8:30—Coffee Chat 9:30—Bingo 10:30—Discussion: World Issues 11:00—Lunch 12:00—Walk/Chair Exercise	<b>16</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Devotion 11:00—Lunch 12:00—Arthritis Exercise	<b>17</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Cell Phone 101 11:00—Lunch 12:00—Mediation 12:30—Exercise	<b>18</b> 8:30—Coffee Chat 9:30—Devotion 10:00—Nutrition Education 11:00—Lunch 12:00—Arthritis Exercise	<b>19</b> 9:00—Coffee Chat 9:30—Devotion 10:00—Adult Coloring 11:00—Lunch 12:00—Puzzles/Walk	<b>20</b>
<b>21</b>	<b>22</b> 8:30—Coffee Chat 9:30—Chubby Checker 10:30—Storytelling with Music 11:00—Lunch 12:00—Chair Exercise	<b>23</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Mediation 11:00—Lunch 12:00—Arthritis Exercise	<b>24</b> 8:30—Coffee Chat 9:30—Bingo with First Responders 10:30—Walk 11:00—Lunch 12:00—Chair Exercise	<b>25</b> <b>Closed</b> <b>Thanksgiving Day</b>	<b>26</b> <b>Closed</b> <b>Thanksgiving Break</b>	<b>27</b>
<b>28</b>	<b>29</b> 8:30—Coffee Chat 9:30—Devotion 10:00—Open Mic 11:00—Lunch 12:00—Discussion: Attitude Adjustments	<b>30</b> 8:30—Coffee Chat 9:00—Water Aerobics 10:30—Telling Jokes 11:00—Lunch 12:00—Arthritis Exercise				

All activities are subject to change.