



September 2022

Dr. T. K. Gregg Community Center

650 Howard St.

Spartanburg, SC 29303

Recreation Assistant: Linda Askari



SCOA Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:00—Hulu Hoop/Bowling 11:00—Lunch 11:45—Arthritis Exercise	2 9:00—Coffee Chat 9:30—Outside Walk 10:00—Bingo 11:00—Lunch 12:00—Neighbor Activities	3
4	5 Closed Labor Day	6 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Charades 10:30—Lunch at Monarch Café with Pastor Pierre Salmon	7 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:00—First Responders 11:00—Lunch 12:00—Walk/Chair Exercise	8 8:30—Coffee Chat 9:00—Water Aerobics 9:30—Dr. Dennis Rector 10:30—Music Meditation 11:00—Lunch 11:45—Arthritis Exercise	9 9:00—Coffee Chat 9:30—Bingo 10:30—Advisory Meeting 11:00—Lunch 12:00—Chair Exercise	10
11	12 8:30—Coffee Chat 9:30—Bingo 10:30—Walk 11:00—Lunch 12:00—Chair Exercise	13 8:30—Coffee Chat 9:00—Word Search/Adult Coloring 10:00—Seniors Take Charge: 1980s 11:45—Bag Lunch *Meet at Cleveland Park	14 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:00—Cornhole 11:00—Lunch 12:00—Music Meditation	15 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:30—Nutrition Education 11:00—Lunch 11:45—Arthritis Exercise	16 9:00—Coffee Chat 9:30—Bingo 10:30—Celebration of August & September Birthdays 11:00—Lunch 12:00—Music Meditation	17
18	19 8:30—Coffee Chat 9:30—Bingo 10:30—Walk / Color 11:00—Lunch 12:00—Chair Exercise	20 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Devotion with Pastor Pierre Salmon 10:30—Rumor Game 11:00—Lunch 11:45—Arthritis Exercise	21 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:00—First Responders 11:00—Lunch 12:00—Chair Exercise	22 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Dr. Dennis Rector 10:30—Simon Says 11:00—Lunch 11:45—Arthritis Exercise	23 Closed Staff Training	24
25	26 8:30—Coffee Chat 9:30—Bingo 10:30—Walk/Rumor Game 11:00—Lunch 12:00—Chair Exercise	27 Closed Staff Training	28 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:00—Fashion Show 11:00—Lunch 12:00—Chair Exercise	29 8:30—Coffee Chat 9:00—Water Aerobics 9:00—Daily Bread 10:30—Puzzles/Word Search 11:00—Lunch 11:45—Arthritis Exercise	30 9:00—Coffee Chat 9:30—Bingo 10:30—Music Meditation 11:00—Lunch 12:00—Open Mic	

All activities are subject to change.