



MARCH 2023

Timken Community Center
 180 Foster Street
 Cowpens, SC 29330
 Recreation Assistant: Debi Brown
 864-406-0726



Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 - Exercise 10:00 - Social Time 10:30 - Brian's Bible Study 11:30 - Lunch	2	3	4
5	6 9:00 - Exercise 10:00 - Social Time 10:30 - Craft 11:30 - Lunch	7 9:00 - Exercise 10:00 - Social Time 10:30 - Sip and Paint with Angelia from Oak Street 11:30 - Lunch	8 9:00 - Exercise 10:00 - Social Time 10:30 - Bingo with Mary from Well Care 11:30 - Lunch	9	10	11
12	13 9:00 - Exercise 10:00 - Social Time 10:30 - Leave Center 11:00 - Pizza	14 9:00 - Exercise 9:30 - Leave Center 10:00 - Seniors Take Charge: Oral Health & Nutrition (Cleveland Park)	15 9:00 - Exercise 10:00 - Social Time 10:30 - Bingo 11:30 - Lunch	16	17	18
19	20 9:00 - Exercise 10:00 - Social Time 10:30 - Leave Center 11:00 - Lunch at a Mexican Restaurant	21 9:00 - Exercise 10:00 - Social Time 10:30 - Wheel of Fortune 11:30 - Lunch	22 9:00 - Exercise 10:00 - Social Time 10:30 - Leave Center 11:00 - Lunch at Golden Corral	23	24	25
26	27 9:00 - Exercise 10:00 - Social Time 10:30 - Craft 11:30 - Lunch	28 9:00 - Exercise 10:00 - Social Time 10:30 - Music with the Joy Makers 11:30 - Potluck Lunch 11:30 - Bookmobile	29 9:00 - Exercise 10:00 - Social Time 10:30 - Craft 11:30 - Lunch	30	31	

All activities are subject to change.