



MARCH 2023

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 9:30 - Daily Devotion 10:00 - Getting to Know Neighbor 11:00 - Lunch 12:00 - Chair Exercise	2 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Game: Simon Says 10:30 - Charades 11:00 - Lunch 11:45 - Arthritis Exercise	3 8:30 - Coffee Chat 9:30 - Bingo 10:30 - Exercise Room 11:00 - Lunch 12:00 - Walk	4
5	6 9:00 - Breakfast at Cracker Barrel 10:30 - Dollar Tree on Reidville Rd.	7 8:30 - Coffee Chat 9:00 - Adult Coloring 9:30 - Exercise 10:30 - Word Search 11:00 - Lunch 11:45 - Arthritis Exercise	8 Assessments 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Exercise 10:00 - First Responders Craft 11:00 - Lunch 12:00 - Walk	9 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Bowling 10:30 - Walk 11:00 - Lunch 11:45 - Arthritis Exercise	10 8:30 - Coffee Chat 9:30 - Bingo 10:30 - Walk 11:00 - Lunch 12:00 - Music Meditation	11
12	13 8:30 - Coffee Chat 9:30 - Bingo 10:30 - Advisory Meeting 11:00 - Lunch 12:00 - Music	14 Seniors Take Charge 8:30 - Coffee Chat 9:00 - Water Aerobics / Daily Devotions 10:00 - Toss Game 11:00 - Lunch 11:45 - Arthritis Exercise	15 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Exercise Room 10:00 - Toss Game 11:00 - Lunch 12:00 - Walk	16 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Daily Devotions 10:30 - News Articles 11:00 - Lunch 11:45 - Arthritis Exercise	17 8:30 - Coffee Chat 9:30 - Bingo 10:00 - Community Bingo	18
19	20 8:30 - Coffee Chat 9:30 - Bingo 10:30 - Adult Coloring/Word Search 11:00 - Lunch 12:00 - TV	21 8:30 - Coffee Chat 9:00 - Water Aerobics/Exercise 9:30 - Word Search 11:00 - Lunch 11:45 - Arthritis Exercise	22 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Daily Bread/Red Light 10:00 - First Responders 11:00 - Lunch 12:00 - Chair Exercise	23 8:30 - Coffee Chat 9:00 - Water Aerobics 9:00 - Rumor Game 10:30 - Walk 11:00 - Lunch 11:45 - Arthritis Exercise	24 8:30 - Coffee Chat 9:30 - Fashion Show 10:00 - Bingo 11:00 - Lunch 11:30 - Bookmobile 12:00 - Walk	25
26	27 8:30 - Coffee Chat 9:30 - Bingo 10:30 - Chair Exercise 11:00 - Lunch 12:00 - Music Meditation	28 8:30 - Coffee Chat 9:00 - Water Aerobics 9:30 - Daily Devotions 9:45 - Games 11:00 - Lunch 11:45 - Arthritis Exercise	29 8:30 - Coffee Chat 9:30 - Toss Game 10:30 - Nutrition Education 11:00 - Lunch 12:00 - Dance/TV	30 8:30 - Coffee Chat 9:00 - Red Light/Green Light 9:30 - Daily Devotions 10:30 - Walk 11:00 - Lunch 11:45 - Arthritis Exercise	31 8:30 - Coffee Chat 9:30 - Storytelling 11:00 - Lunch 12:00 - Walk	

All activities are subject to change.