



JANUARY 2022

Timken Community Center

180 Foster Street

Cowpens, SC 29330

Recreation Assistant: Debi Brown

864-406-0726 OR dbrown@spartanburgcounty.org



Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Closed New Year's Holiday	4 9:00—Strawberry Hill for Brunch	5 9:00—Chair Exercise 10:00—Advisory Meeting 10:30—Bible Study with Brian Harris 11:30—Lunch	6	7	8
9	10 9:00—Chair Exercise 10:00—Social Time 10:30—Pet Therapy: Tucker 11:30—Lunch	11 9:00—Chair Exercise 10:00—Seniors Take Charge at Cleveland Park	12 9:00—Chair Exercise 10:00—Celebrate Dr. King 10:30—Bible Study and Music with Dale Welch 11:30—Lunch	13	14	15
16	17 Closed Rev. Dr. Martin Luther King Jr. Day	18 9:00—Chair Exercise 10:00—Social Time 10:30—Bible Study with Jake Williams 11:30—Lunch	19 9:00—Chair Exercise 10:00—Social Time 10:30—Bingo with Suzanne 11:30—Lunch	20	21	22
23	24 9:00—Chair Exercise 10:00—Breakfast at John's Cafe	25 9:00—Chair Exercise 10:00—Social Time 10:15—Bluegrass Music with The Joymakers 11:30—Potluck	26 9:00—Chair Exercise 10:00—Nutrition Education 10:30—Paint a Mandala 11:30—Lunch	27	28	29
30	31 9:00—Chair Exercise 10:00—Community Service Project 11:00—Mandala Pt. 2 11:30—Lunch					

All activities are subject to change.