## PRIME TIME:

## Programs for Active Senior Adults

AGES 55&UP

Goose Creek Recreation 519 A. North Goose Creek Blvd. 843-569-4242 January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day	2	3 Fitness Center MP2
				12:30-2:30 pm Yarn
				Circle: Crocheting,
				Knitting & Social Time
6 Fitness Center MP2	7	8 AC Blue RM 9:30-	9	10 Fitness Center MP
		10am Balance/Strength		2
12 – 4 pm Game Day:		Fitness Center MP2		
Pinochle Card Game		12 – 4 pm Game Day Hand & Foot Card Game		12:30-2:30 pm Yarn
		12:45 – 1:45 pm Line		Circle: Crocheting, Knitting & Social Time
		Dancing AC Dance RM		Kintting & Social Time
13	14	15 AC Blue RM 9:30-	16	17 Fitness Center MP2
MP 1 Free Lunch &		10am Balance/Strength		
Learn 12 – 1 pm		Fitness Center MP2		12:30-2:30 pm Yarn
		12 – 4 pm Game Day		Circle: Crocheting,
Fitness Center MP2		Hand & Foot Card Game  12:45 – 1:45 pm Line		Knitting & Social Time
12 – 4 pm Game Day Pinochle Card Game		Dancing AC Dance RM		
Fillocille Card Gaille				
20 Martin Luther King	21	22 AC Blue RM 9:30-	23	24 Fitness Center MP2
Jr. Day		10am Balance/Strength	Fitness Center MP2	
		Fitness Center MP2	1-3pm Painting Class	12:30-2:30 pm Yarn
Holiday		12 – 4 pm Game Day Hand & Foot Card Game	Snowy Stream	Circle: Crocheting,
		12:45 – 1:45 pm Line		Knitting & Social Time
		Dancing AC Dance RM		
27 Fitness Center	28	29 AC Blue RM 9:30-	30	31 Fitness Center MP2
MP2	Fitness Center MP2	10am Balance/Strength	Fitness Center MP2	
12-4 pm Game Day	1-3pm Painting with	Fitness Center MP2	1-3pm Painting Class	12:30-2:30 pm Yarn
Pinochle Card Game	Alcohol Ink	12 – 4 pm Game Day	Tree of Hope	Circle: Crocheting,
		Hand & Foot Card Game  12:45 – 1:45 pm Line		Knitting & Social Time
		Dancing AC Dance RM		

PRIME SPONSOR: \$150

**GRAND SPONSOR: \$50** 



Bryan S. Aldrich, B.A., D.C.

118 Springhall Dr. Suite B, Goose Creek (843)735-7115

843-214-2447

**American Benefit Services** 

Goose Creek Cultural Arts Commission & Goose Creek Artists Guild



Painting Class: \$5R/\$6NR

Must pre-register Limited to 13 students per class - supplies included

Line Dancing Class: \$4R/\$5NR

Painting w/Alcohol Ink: \$2R/\$3NR Limited to 12 students -supplies included

Senior Balance/Strength Wed. 9:30am: \$2 daily

Laura Drolet 843-708-6019