

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

PRIME SPONSOR: \$150

GRAND SPONSOR: \$50



843-214-2447



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

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

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