



Northwest Community Center
 701 Saxon Ave.
 Spartanburg, SC 29304
 (864) 562-4291
 Recreation Assistant: Drew Means
 Recreation Assistant: Dorothy Thomas

JULY 2019

Programming provided on
 Monday – Friday 8:30 am – 1:00 pm
 All activities are subject to change



Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|---|---|-----------|
| | 1 9:00—Gym Walk 9:30—Nurse Lori (SRHS) 10:00—Cuirt Bomar 10:30—Checkers 11:00—New Day Book 12:00—Lunch | 2 9:00—Gym Walk 9:30—Stretching 10:00—Rev. Patterson 11:00—Arthritis Exercise 12:00—Lunch | 3 9:00—Gym Walk 9:30—Celebrate 4 th of July 10:00—Patriotic Sing-a-long 11:00—Arthritis Exercise 12:00—Lunch (Bag Lunches) | 4 CLOSED Independence Day | 5 9:00—Gym Walk 9:30—Balloon Toss 9:30—BP Check 10:00—Songs of Praise with Jackie 11:00—Arthritis Exercise 12:00—Lunch | 6 |
| 7 | 8 9:00—Gym Walk 9:30—Trip to Strawberry Hill 10:30—Checkers 11:30—Advisory Meeting 12:00—Lunch | 9 9:00—Gym Walk 9:30—Checkers 10:00— Pool Game 11:00—Arthritis Exercise 12:00—Lunch | 10 9:00—Gym Walk 9:30—Stretching 10:00—Brandi Bishop (Clear Captions) 11:00—Arthritis Exercise 12:00—Lunch | 11 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch | 12 9:00—Gym Walk 9:30—Balloon Toss 9:30—BP Check 10:00—Hula Hoop Contest 11:00—Arthritis Exercise 12:00—Lunch | 13 |
| 14 | 15 9:00—Gym Walk 9:30—Nutrition Education 10:30—Min. Cynt Brown 11:30—Button Button 12:00—Lunch | 16 9:00—Gym Walk 9:30—New Day Book 10:00—Min. Sarah Tucker 11:00—Arthritis Exercise 12:00—Lunch | 17 9:00—Gym Walk 9:30—Min. Sharion Otey Happy Clown 10:00—Bingo 11:00—Arthritis Exercise 12:00—Lunch | 18 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch | 19 9:00—Gym Walk 9:30—Balloon Toss 9:30—BP Check 10:00—Stretching 11:00—Arthritis Exercise 12:00—Lunch | 20 |
| 21 | 22 9:00—Gym Walk 9:30—Horseshoes 10:30—Dance Contest 11:30—Button Button 12:00—Lunch | 23 9:00—Gym Walk 9:30—Birthday Party 10:00—Trivia 11:00—Arthritis Exercise 12:00—Lunch | 24 9:00—Gym Walk 9:30—Pokeno Game 10:00—Min. Logan 11:00—Arthritis Exercise 12:00—Lunch | 25 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch | 26 9:00—Gym Walk 9:30—Balloon Toss 9:30—BP Check 10:00—Checkers 11:00—Arthritis Exercise 12:00—Lunch | 27 |
| 28 | 29 9:00—Gym Walk 9:30—Pastor C. Sims 10:30—Pokeno Game 11:30—Button Button 12:00—Lunch | 30 9:00—Gym Walk 9:30—Stretching 10:00—Trivia 11:00—Arthritis Exercise 12:00—Lunch | 31 9:00—Gym Walk 9:30—Horseshoes 10:00—Crafts 11:00—Arthritis Exercise 12:00—Lunch | | | |