



Timken Community Center







JULY 2019

180 Foster Street
 Cowpens, SC 29330
 (864) 406-0726
 Recreation Assistant: Debi Brown
 dbrown@spartanburgcounty.org

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



Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00—Exercise 10:00—Tommie and Her Dancing Ladies 10:30—What is your Talent? 11:00—Lunch	2 9:00—Exercise 10:00—Brian Harris Bible Study 11:00—Lunch 	3 9:00—Exercise 10:00—Trip to Woodruff 11:30—Lunch and Games (Hamburgers and Hot Dogs) 12:00— Advisory Meeting	4 CLOSED Independence Day	5	6
7	8 9:00—Exercise 10:00—Bingo with Teresa Kirby (Brookview Healthcare) 11:00—Lunch 12:00—Walk	9 10:00—Seniors Take Charge (Meet at Cleveland Park) 11:30—Bag Lunch 	10 9:00—Exercise 10:00—Christmas in July 11:00—Lunch 	11	12	13
14	15 9:00—Exercise 10:00—Music with Joy Makers 11:00—Potluck Lunch (Lasagna) 	16 9:00—Exercise 10:00—BrightStar Care 10:30—Nutrition Education 11:00—Lunch 12:00—Walk	17 9:00—Exercise 10:00—Walk through Hatcher Gardens 11:30—Bag Lunch 	18	19 4:00—Wagon Wheel 	20
21	22 9:00—Exercise 10:00—David Sellers Bible Study 11:00—Lunch 	23 9:00—Exercise 10:00—Enjoy Music with George and Mina 11:00—Lunch	24 9:00—Exercise 10:00— Music by Wade 11:00—Lunch 12:00—Walk	25	26	27
28	29 9:00—Tai Chi 10:00— Music with Shawn and Tony 11:00—Lunch 12:00—Walk	30 9:00—Exercise 10:00—Eddy Smith Bible Study 11:00—Lunch 	31 9:00—Exercise 10:00—Sheriff Wright (Safety) 11:00—Lunch 12:00—Walk			