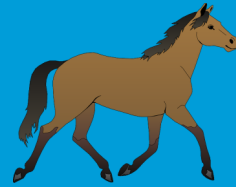


Landrum Aging Well Center



Open 8:30am to 1:00pm
Tuesdays and Thursdays
Contact: (864) 208-7279



September 2019

Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 Coffee (9:00) Opening Remarks (9:30) Exercise Time– Elisa (10:00) Ken and Connie (10:45) 	4	5 Coffee (9:00) Opening Remarks(9:30) Exercise Time! (10:00) Guest Speaker (10:45) Picture Charades (11:45)  	6	7
8	9	10 Coffee(9:00) Opening Remarks(9:30) Walking Exercise (10) Show and Tell (10:45) Lunch (12) 	11	12 Coffee (9:00) Opening Remarks (9:30) Exercise Time (10:00) Grace Art Class (10:45) - We need Pencil/Paper Lunch (12)	13	14
15	16	17 Coffee/ Snacks (9:00) Opening remarks (9:30) Exercise Time (10:00) Ron Robbins– Milestone Gallery(10:45) Lunch (12) 	18	19 Coffee(9:00) Opening remarks (9:30) Exercise Time (10:00) Arts and Crafts (10:45) Lunch (12)	20	21
22	23	24 Coffee/Snacks (9:00) Opening Remarks (9:30) Exercise Time (10:00) Brenda Speaking on Knitting? Lunch 	25	26 Coffee (9:00) Birthday Bash!! Hospice Speaker Game Time  	27	28
29	30					