



Timken Community Center

September 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	2 CLOSED! LABOR DAY 	3 9:00—Exercise 10:00—Bible Study with Brian Harris 11:00—Music by Betty Carr 11:30—Lunch 12:00—Advisory Meeting	4 9:00—Exercise 10:00—Share Your Favorite Recipe 11:30—Lunch 	5	6	7
8	9 9:00—Exercise 10:00—Bible Study with Bill Lark 11:00—Music by Shawn & Tony 11:30—Lunch 12:00—Walk	10 10:00—Seniors Take Charge Story Time (Meet at Cleveland Park) 11:30—Bag Lunch 	11 9:00—Exercise 10:00—Making Recipe Book Cover 11:00—Wheel of Fortune 11:30—Lunch 12:00--Walk	12	13	14
15	16 9:00—Exercise 10:00—Trip to Lake Cooley 11:30—Lunch 12:00—Walk 	17 9:00—Exercise 10:00—Kris (Wren Hospice) 11:00—Breakfast for Lunch 12:00—Birthday Celebration	18 9:00—Exercise 10:00—Craft: Fall Pouch of Flowers 11:30—Lunch 12:00--Walk	19	20 4:00 pm Wagon Wheel Fish Camp	21
22	23 9:00—Exercise 10:00—Bible Study with Eddy Smith 11:00—Cookbook Presentation 11:30—Lunch 12:00—Walk 	24 9:00—Exercise 10:00—Bingo 11:00—Music by George & Mina 11:30—Lunch 12:00—Walk	25 9:00—Exercise 10:00—Nutrition Education 10:30--Wades 12:00—Walk 	26	27	28
29	30 9:00—Tai Chi 10:00—Bluegrass with Joy Makers 11:30—Potluck Lunch (Spaghetti) 12:00—Walk					