



Dorchester Seniors, Inc.

January 2012 Activity Calendar

David Sojourner Senior Center

5361 East Jim Bilton Boulevard, St. George, SC 29477

HOURS: 8:30 a.m. to 4:30 p.m., Monday through Friday, call 563-3709 with questions

www.dorchesterseniors.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CENTER CLOSED FOR NEW YEAR HOLIDAY</p>	<p>3</p> <p>10:00 Blood Glucose Screening</p> <p>10:30 Blood Pressures Screening</p> <p>11:00 Exercise Fun: Modified Baseball</p>	<p>4</p> <p>9:30 Quilting w/Thelma Johnson</p> <p>10:00 New Year Trivia</p> <p>1:00 Crochet Class</p>	<p>5</p> <p>10:00 Bible Study</p> <p>11:00 Bingo w/Ms. Clermont</p> <p>3:30-4:30 St. George Prayer Network</p>	<p>6</p> <p>9:30 Early Bird Activity (Prizes)</p> <p>11:00 Spiritual Entertainment w/Larry Sprague</p>
<p>9</p> <p>9:00-10:00 Breakfast</p> <p>10:00 Wii Sports</p> <p>10:30 Sing-along w/Samella</p>	<p>10</p> <p>10:00 Balloon Volleyball</p> <p>11:00 Crafts w/Terry Sue Hudson, Amedisys</p>	<p>11</p> <p>9:30 Quilting w/Thelma Johnson</p> <p>11:00 Nutro Bingo w/Vandora</p> <p>1:00 Crochet Class</p>	<p>12</p> <p>10:00 Bible Study</p> <p>11:00 Board Games</p> <p>3:30-4:30 St. George Prayer Network</p>	<p>13</p> <p>10:00 Musical Chairs</p> <p>11:00 Martin Luther King Jr. Trivia</p>
<p>16</p> <p>CENTER CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY</p>	<p>17</p> <p>10:00 Line Dance Exercise</p> <p>11:00 Spiritual Entertainment w/Danny & Friends</p> <p>1:00 Bingo w/Ms. Clermont</p>	<p>18</p> <p>9:30 Quilting w/Thelma Johnson</p> <p>10:30 Lyn Small, Solaris Nutrition Program</p> <p>1:00 Crochet Class</p>	<p>19</p> <p>10:00 Bible Study</p> <p>11:00 Karaoke w/Cornell Berry</p> <p>12:00 Birthday Party</p> <p>3:30-4:30 St. George Prayer Network</p>	<p>20</p> <p>10:00 Shopping Trip to Summerville</p> <p>11:00 Tally Hoop</p>
<p>23</p> <p>10:00 Jewelry Class w/ Michelle Wheaton</p> <p>11:30 Chair Salsa</p>	<p>24</p> <p>10:00 Board Games</p> <p>10:30 Crafts w/Pam Dantzler, United Hospice</p>	<p>25</p> <p>9:30 Quilting w/Thelma Johnson</p> <p>11:00 TAAA: Beating the Winter Blues</p> <p>1:00 Crochet Class</p>	<p>26</p> <p>10:00 Bible Study</p> <p>11:00 Bingo w/Laurie Branch</p> <p>3:30 St. George Prayer Network</p>	<p>27</p> <p>9:30 Early Bird Activity (Prizes)</p> <p>11:00 Fantasy Trip - California</p> <p>1:00 Nutro Bingo w/Vandora</p>

<p>30</p> <p>10:15 Trip to St. George Healthcare</p> <p>10:30 Movie</p>	<p>31</p> <p>10:00 Wii Sports</p> <p>11:00 BINGO w/Ms. CLERMONT</p>	<p>TO RESERVE A MEAL CALL ONE DAY IN ADVANCE BEFORE 1PM. PRIVATE PAY MEALS COST \$4.80.</p>	<p>COMPUTER AND EXERCISE ROOMS AVAILABLE MON-FRI 8:30- 4:30</p>	
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ARTS AND CRAFTS

Quilting Class –Learn how to Quilt with Thelma Johnson every Wednesday from 9:30-11:30am.

Crochet Class- Enjoy fellowship while learning crochet. Classes are Wednesdays 1:00 - 3:00 pm.

Craft w/ Terry Sue Hudson of Amedisys –Tuesday, Jan 10 @ 11:00 Come Learn a New Craft for the New Year.

Pam Dantzler, United Hospice- Join us on Tuesday, Jan 24th @ 10:30 for making a new craft.

Jewelry Class w/Michelle Wheaton- Learn how to make your own jewelry Monday, Jan 23 @ 10:00 supplies cost \$5.00 please pay by Jan 20.

GAMES AND ACTIVITIES

BINGO: Jan.5th , 17th & 31th with Ms. Clermont. Join us as we play for prizes.

Nutro Bingo: If you enjoy regular bingo you'll love Nutro-Bingo with Vandora Jan 11th and 27th. Cover food items instead of numbers. Win food items as prizes. @ 11:00am.

Bingo with- Laurie Branch from St. George Healthcare will be here for Holiday fun and games on Thursday, Jan 26th @ 11:00am.

Tally Hoop Jan 20th @ 11:0am, Toss a foam disc into a net to see which team can score the most points.

Line Dance Exercise- This is a fun class that offers group exercise performed to all eras of music. Stay seated or get up to the music. Tuesday, Jan 17th @ 10:00am.

Musical Chairs- Friday, Jan 13th @ 10:00am Pass an object around the circle and try not to be the one holding it when the music stops.

Modified Baseball – Tuesday, Jan 3rd @ 11:00am roll the dice to see your outs and plays.

Balloon Volleyball – Tuesday, Jan 10th @ 10:00am two teams hit a balloon back and forth from a seated position.

Just For Fun

Musical Entertainment- Mr. Danny Dewitt from Walterboro will join us along with his friends to share a time of Holiday Musical Entertainment on Tuesday, Jan 17th, @ 11:00am.

Mr. Larry Sprague from Harleyville, will join us on Friday, January 6th @ 11:00am for some Spiritual Entermment.

Sing-Along w/Samella- Monday, Jan 9th @ 10:30am

Karaoke w/Mr. Cornell Berry – Come and enjoy a time singing Karaoke on Thursday, Jan 19th @ 11:00am.

Birthday Celebration: If you are a member of the Center and have a birthday in January make sure Bernadette – Activity Assistant has your name and birth date and come join us Thursday, Jan 19th 12:00 pm for a celebration in your honor.

Trips



Shopping Trip - On Friday, January 20th we will be traveling to Summerville. We will plan to leave the Center at 10:15am and return around 2.30. We will stop at a Fast Food Restaurant for lunch at the members cost. Transportation fee is \$4.00 and has to be paid when you sign up.

Center News

Membership is free to Dorchester County residents, \$12 per year for out of county residents. Membership renewals have started for 2011.

The Center will be closed:

Monday, January 2, 2012

Monday, January 16 2012

SEMINARS/SPECIAL OPPORTUNITIES

FANTASY TRIP: Each month we'll visit a destination and learn its history, some interesting and fun facts, and sample some foods typical of the destination..... all from the comfort of our chairs! This month's destination will be California.

St. George Prayer Network- Meets each Thursday of the month from 3:30-4:30.

Bible Study- Mr. Dash meets each Thursday from 10:00-12:00. Remember to bring your Bible.

Trident Area Agency on Aging- Wednesday, Jan 25th @ 11:00am Johnsie Currin from TAAA will join us to conduct a seminar on How to Beating the Winter Blues.

HEALTH AND PHYSICAL EDUCATION

Glucose and Blood Pressure Screening- Mary Price, a local RN from our community, will be here on Tuesday, Jan 3rd 10:00 – 11:00am. FREE glucose and blood pressure checks..

Lyn Small, Solaris Hospice – Will be conducting our Nutrition Program Jan 18th @ 10:30am come learn some new ideas.