

Dorchester Seniors, Inc.

"NOT YOUR AVERAGE SENIOR CENTER"



Dorchester
Seniors Inc.

JULY 2025

FAITH SELLERS SENIOR CENTER

312 NORTH LAUREL ST.
SUMMERVILLE, SC 29483

PHONE: 843-871-5053

HOURS: M-F 8:00 AM - 5:00 PM

DAVID SOJOURNER SENIOR CENTER

5361 EAST JIM BILTON BLVD.
ST. GEORGE, SC 29477

PHONE: 843-563-3709

HOURS: M-F 8:00 AM - 5:00 PM

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Website

WWW.DORCHESTERSENIORS.COM



YouTube

DORCHESTER SENIORS INC.



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DORCHESTER SENIORS, INC.

**HAPPY
4TH OF
JULY**



INDEPENDENCE DAY



CENTER INFORMATION

DORCHESTER SENIORS, INC.

We are two centers, but one family focused on one mission.

STAFF FOR BOTH CENTERS

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VANESSA MCCRAY

Activity Coordinator
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JEANETTE HUNT

Center Manager
JHunt@dorchesterseniors.com



Hello friends,

Summer is in full swing here in Dorchester County, and I hope you're finding ways to soak up the sunshine—safely and joyfully. Whether it's sipping sweet tea on the porch, catching up with friends at the center, or joining one of our lively fitness or arts classes, this season is a wonderful time to stay active, connected, and inspired.

At Dorchester Seniors, we believe summer is more than just warm weather—it's a chance to bloom in new ways. We are committed to helping you make the most of each moment. Remember to stay hydrated, protect yourself from the heat, and never hesitate to check in with our staff if you need anything.

We also recognize that while summer often means vacations and travel for many families, it can be a season of loneliness for some seniors. Loved ones may be away, routines may shift, and feelings of isolation can quietly creep in. That's why we place such a strong focus on connection—through group lunches, friendly phone calls, and daily activities that remind you: you are seen, you are valued, and you are never alone.

Be sure to stop in and see us, we're excited to offer programs that are sure to bring some extra fun to your days. Keep an eye out for ways to stay connected, craft workshops, and group excursions that let you experience the joy of summer with your peers. It's never too late to try something new or revisit a forgotten favorite activity.

Whether you need transportation, help accessing community resources, or just a friendly conversation, our team is always here. Your voice helps shape our programs, so please share your thoughts and suggestions—we're listening.

Let this summer be a reminder: your best days—they're happening right now. Whether you're 50 or 105, there's still room for new friendships, new hobbies, and new memories.

Let's make this summer a season to smile about.

SERVICE PROGRAMS



Our drivers and volunteers deliver nutritious meals five days a week to homebound seniors throughout Dorchester County. This allows us to not only deliver meals but also check on the wellness of our seniors.



Our senior members walk, drive, or utilize our transportation to enjoy a nutritious meal in a group setting to promote social interaction.



Our transportation program provides rides to our centers, where a variety of activities are available, as well as to medical appointments, prescription pickups, grocery shopping, and more.



If you would like more information, please contact our Programs Manager, Ivory M. Harrison, at 843-830-5839 or IHarrison@dorchesterseniors.com.



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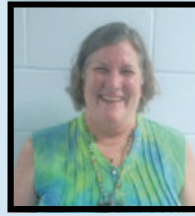
St. George Volunteer Spotlight Lishia Walker

What do you enjoy about coming to the Center and how long have you been coming? To fellowship with friends and other people. I've been coming to the Center for 17 years.

What was your work/career? Factory Work

Do you have any hobbies or interest outside of coming to the Center? Cooking and sharing with others.

Do you have a favorite quote or saying that you want to share with others? Hold your peace and let the Lord fight your battles.



Summerville Volunteer Spotlight Kathy Alban

Length of time at Dorchester Seniors: 10 months

Length of time as a volunteer: 10 months

What area(s) do you volunteer: Assisting with home delivered meals

What do you enjoy most about volunteering: Interacting with drivers and other volunteers

Your hobbies and interests: I enjoy being with family, knitting, swimming and traveling. Just did my 1st solo trip!

Favorite Quote: "Anything worth doing is worth doing right."

OUTREACH EFFORTS



A huge **THANK YOU** to everyone who came out to our **Senior Farmers' Market Voucher distribution event!** We were thrilled to see so many of our seniors receiving **free vouchers** to access to fresh, healthy produce, while supporting South Carolina's incredible farmers.

Dorchester Seniors distributed 1100 voucher packets, totaling **\$55,000** in benefits to eligible seniors across Dorchester County! Each participant received **\$50 in free vouchers** to use at local farmers' markets for fresh fruits and vegetables.

Together, we're building a healthier, more connected senior community, **one event at a time.**

DSI MEMBERSHIP

Dorchester County Residents \$ No Charge

Out-of-County Residents \$ 24 year

The annual membership is open to anyone 50 years of age or older.

To learn more contact either of our centers. St. George 843-563-3709 or Summerville 843-871-5053



Equal Accessibility & Support Everywhere, Inc. (EASE) believes everyone deserves equal access—especially in healthcare. While tools like interpreters and VRI support ASL users, we must expand services to better support the Deaf, Hard-of-Hearing, and DeafBlind—particularly as our population ages.

Dorchester Seniors, Inc. (DSI) recognizes that aging adults face increasing barriers to communication. By working with (learning from) EASE and promoting tools like CART, voice-to-text apps, and hearing aids—without stigma—we can empower older adults to stay connected and independent.

Like eyeglasses for vision, hearing aids should be normalized as essential tools for daily living. Together, EASE and DSI are working to ensure accessible, inclusive services for all.

Would you like to gain some understanding into what your friends, family, and neighbors could be experiencing? Join Ease at Dorchester Seniors for an Immersive Dinner Experience on July 26, 2025. Tickets are only \$20.

Contact EASE for more info:

✉ easesouthcarolina@gmail.com

☎ 843-900-6636



Jewel Sweeney
Founder & CEO

If you get a call from someone claiming to be from Medicare, or working on behalf of Medicare, it's a scam!

SMP SCAM WATCH

Don't Say Yes

- "Can you hear me?"
- "Are you on Medicare?"
- "Do you have your red, white, and blue card?"
- "Are you a veteran?"

These are all questions phrased to get the caller to say "yes" in an attempt to record and process fraudulent products or services billed to Medicare.



Preventing Medicare Fraud

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

If you have gotten a call and given out your information.
Call 843.554.2275 or email info@smpresource.org.

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Beverly Blanton

Phone: (843) 654-7474

LCMedicareSimplified@gmail.com

L.C.M.S.

Low Country Medicare Simplified

Providing everything you need to know about Medicare

EXERCISE & WELLNESS CLASSES

WALKING CLUB

Tuesdays & Thursdays
9:00am – 10:00am
10:00am - 11:00am

Walking Club Group meets at Doty Park. Laps and mileage will be maintained & recorded by group leader.

Ongoing incentives for members who cumulatively reach 10, 25 & 50 miles.

Instructor : Haren Main



CHAIR EXERCISE

w/ Donna Ottone 1st Mondays
10:00am-11:00am

CHAIR/BALANCE EXERCISE
Tuesdays, Wednesdays, Fridays
9:30am-10:00am

Movement and balance are vital to keeping active and helping to prevent falls.

Join us for our daily chair exercise classes seated or standing. Go at your own pace and ability. Come out and enjoy the music and the company.



50+ FIT EXERCISE CLASSES

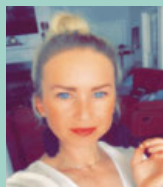
DSI 50+ Fit costs \$20 per month & include all classes listed below.

You must be a member of the DSI 50+ Fit program to participate. Visit Faith Sellers Senior Center front desk to sign up.

WEIGHT TRAINING

Mondays & Wednesdays, 8:15am - 9:05am
9:15am - 10:05am

A workout designed to increase muscular endurance & bone density, while strengthening. Recommended to bring water.



Instructor:
Matti Bedell

AEROBICS

Tuesdays & Thursdays, 8:15am 9:05am
9:15am - 10:05am

Get up and move with an aerobics class that's heart healthy, and gentle on the joints. Please bring a mat, towel, and water.

ZUMBA GOLD

Monday 11:30am-12:30pm
Friday 9:30am-10:30pm

Zumba Gold is less intense dance routines designed for beginners and mature adults.

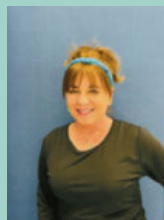


Instructor:
Donna Ottone

YOGA

Mondays & Wednesdays,
10:20am - 11:10am

Revitalize your body, relax your mind, increase energy, & reduce stress. Bring a mat, towel, and water.



Instructor:
Marlene Cuggy

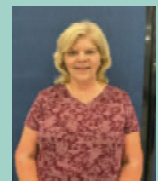
CHAIR YOGA

First Thursday of every month
11:00am- 11:50am.

KAREN'S DANCE PARTY

Wednesdays, 11:30am-12:30pm

Designed for the budding dancer in you. It's time to put on your dancing shoes!



Instructor:
Karen Bunch

CARDIO STRENGTH

Fridays, (1st, 2nd & 4th weeks),
8:30am - 9:15am

Combination of low impact aerobic exercises, dumbbell exercises and body weight exercises.

LINE DANCING

Tuesdays, Wednesdays, Thursdays,
1:00pm - 2:00pm

Welcome to Happy Hour! Come join us for fun filled hour, of dancing, laughing, and making new friends.

Prerequisites: Boot Scoot, Cupid Shuffle or Electric Slide.

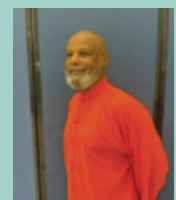


Instructor:
Evelyn Ward

TAI CHI FOR HEALTH

Tuesdays, 2:30pm - 3:30pm

Proven to improve muscular strength, flexibility, balance, posture, stamina, and lowering blood pressure and strengthening the immune system.



Instructor:
Maurice Olfus

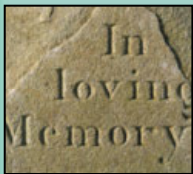
FAITH SELLERS SENIOR CENTER HIGHLIGHTS



JULY 4TH CELEBRATION

Thursday July 3rd 10:00am-11:00am

Come out and join the festivities as we celebrate the 4th of July.



GRIEF SUPPORT

July 7th, 14th, 21st, 28th 2:00pm-3:00pm

If you or someone you know is grieving a loss, this is a safe haven for anyone who needs helpful information and emotional support whether past or recent loss.



BOOK CLUB

July 7th, 14th, 21st, 28th 3:00pm-4:00pm

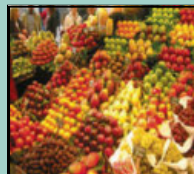
Are you fascinated by books, love to read, or like to discuss books? Then the book club is for you. Come join us on Mondays!



TECHNOLOGY HELP

July 11th and July 25th 10:00am-11:00am

If you need help with learning basic computer or cellphone technology. Assistance is available on the 2nd and 4th Friday of every month.



SAXMORE FARMS TRIP

July 15th 9:30am-12:30pm

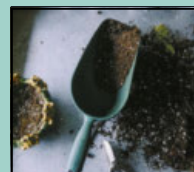
Come explore, our local hub for fresh, homegrown produce, handcrafted goods, and community connection. **(Sign Up Required.)**



DORCHESTER COUNTY BOOKMOBILE

July 16th 10:30am-11:30am

Were you aware that you could check out, return and reserve materials right from the mobile library that comes to our center monthly. Check it out!



HEAD PLANTER WORKSHOP

July 21st 10:00am-12:00pm

Come join both Centers while we plant our favorite seeds, be with friends/fellow plant lovers and get creative together.



BINGO & LUNCH IN THE PARK

July 25th 9:30am-1pm

Enjoy a beautiful day outdoors with BINGO and Lunch in the Davis-Bailey Park, St. George—a perfect blend of fun, fresh air and fellowship.



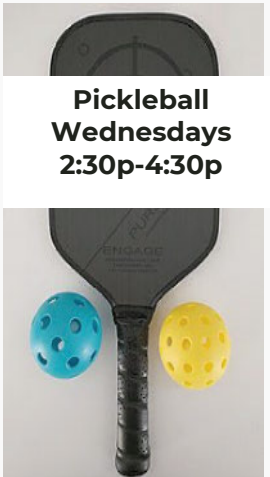
**CALL SC DHEC TO SCHEDULE
YOUR COVID VACCINE APPOINTMENT
855-472-3432**

Brought to you by: Trident Area Agency on Aging

SUMMERVILLE CALENDAR OF EVENTS — JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Private Pay Meal are \$7.00</p> <p>To reserve or cancel a meal, call nutrition support (843)834-8423 by 1p.m</p>	<p>1</p> <p>9:30a-10a Balance Exercise</p> <p>10a-11a Coffee and Conversation</p> <p>11a-12p Cornhole</p> <p>11a-12p Adult Coloring</p> <p>1p-3p Inter. Quilting</p> <p>2p-4p Open Artist</p> <p>3p-4p Board Games (Intergenerational)</p> <p>3:30p-4:30p QiGong</p>	<p>2</p> <p>9:30a-10a Balance Exercise</p> <p>10a-11a Bingo w/ Angels Home Care</p> <p>11a-12p Healthy Transformations/Eating to Support Your Health Goals</p> <p>11a-12p Social Isolation w/Addus</p> <p>2:30p-4:30p Movie Wednesdays</p>	<p>3</p> <p>9:30a-10:30a July 4th Celebration</p> <p>10a-11a Spanish</p> <p>10a-12pm Rug Hooking</p> <p>10:30a –11:30a Bible Study</p> <p>10:30a-11:30a Puzzles & Games</p> <p>1p-3:30p Woodcarving</p> <p>2p-3p Balance Class</p>	<p>4</p> <p>Closed In Observance of Independence Day</p> 
<p>7</p> <p>9:30a-10a Chair Travel Iceland</p> <p>10a-11a Chair Exercise & Music</p> <p>11a-12p Medication Management w/MSA Home and Health</p> <p>2p-3p Grief Support</p> <p>3p-4p Book Club</p>	<p>8</p> <p>9:30a-10a Balance Exercise</p> <p>10a-11a Trivia</p> <p>11a-12p Cornhole</p> <p>1p-3p Inter. Quilting</p> <p>2p-4p Open Artist</p> <p>3p-4p Board Games (Intergenerational)</p> <p>3:30p-4:30p QiGong</p>	<p>9</p> <p>9:30a-10a Chair Exercise</p> <p>10a-11a Bingo w/ Aura Home Care</p> <p>11a-12p “Time to Share”</p> <p>2:30p-4:30p Movie Wednesdays</p>	<p>10</p> <p>9:30a-10:30a Journaling w/Music</p> <p>10a-11a Spanish</p> <p>10a-12p Rug Hooking</p> <p>10:15a-11a Gentle Line Dance</p> <p>10:30a –11:30a Bible Study</p> <p>10:30a-11:30a Puzzles & Games</p> <p>1p-3:30p Woodcarving</p> <p>2p-3p Balance Class</p>	<p>11</p> <p>9:30a-10a Balance Exercise</p> <p>9:30a-10a Choir Rehearsal</p> <p>10a-11a Name the Song & Artist</p> <p>10a–11a Technology Help</p> <p>10a-12p Crochet/ Needlework</p> <p>11a-12p Cornhole</p> <p>3p-4p Jazz & Puzzles</p>
<p>14</p> <p>9:30a-10a Balance Exercise</p> <p>9:30a-11:30a Wal-Mart Trip (\$1 Fee)</p> <p>10a-12p Jewelry Making w/Sandie (Sign-up)</p> <p>2p-3p Grief Support</p> <p>3p-4p Book Club</p>	<p>15</p> <p>9:30a-10a Wii w/Konia</p> <p>9:30a-12:30p Saxmore Farms Farmer’s Market (Sign-Up Required)</p> <p>10a-11a Memory Puzzles</p> <p>11a-12p Cornhole</p> <p>11a-12p Adult Coloring</p> <p>1p-3p Inter. Quilting</p> <p>2p-4p Open Artist</p> <p>3p-4p Board Games (Intergenerational)</p> <p>3:30p-4:30p Qigong</p>	<p>16</p> <p>9:30a-10a Chair Exercise</p> <p>10a-11a Bingo w/Wren Hospice</p> <p>10:30a-11:30a Bookmobile</p> <p>11a-12p “Time to Share”</p> <p>2:30p-4:30p Movie Wednesdays</p>	<p>17</p> <p>9:30a-10:30a Journaling w/Music</p> <p>10a-11a Spanish</p> <p>10a-12p Rug Hooking</p> <p>10:15a-11a Gentle Line Dance</p> <p>10:30a-11:30a Bible Study</p> <p>10:30a-11:30a Puzzles & Games</p> <p>1p-3:30p Wood Carving</p> <p>2p-3p Balance Class</p>	<p>18</p> <p>9:30a-10a Balance Exercise</p> <p>10a-11a Just Good Enough Band</p> <p>10a-12p Crochet/ Needlework</p> <p>11a-12p Chair Travel to Spain</p> <p>11a-12p Cornhole</p> <p>4p-5p Jazz & Puzzles</p>

SUMMERVILLE CALENDAR OF EVENTS — JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 9:30a-10a Music & Chat 10a-12p Head Planter Workshop (Sign-up) 10a-11a Memory Puzzles 11a-12p Adult Coloring 2p-3p Grief Support 3p-4p Book Club	22 9:30a-10a Balance Exercise 10a-11a BINGOCIZE 11a-12p Cornhole 1p-3p Inter. Quilting 2p-4p Open Artist 3p-4p Board Games (Intergenerational) 3:30p-4:30p Qigong	23 9:30a-10a Chair Exercise 10a-11a Bingo with AmeriLife 11a-12p Family Feud 11a-12p Healthy Transformations/ Eat Well Away from Home 2:30p-4:30p Movie Wednesday	24 9:30a-10:30a Journaling w/Music 10a-12p Rug Hooking 10a-11a Spanish 10:30a-11:30a Bible Study 10:30a-11:30a Puzzles & Games 1p-3:30p Wood Carving 2p-3p Balance Class	25 9:30a-10a Balance Exercise 10a-10:30a Choir Rehearsal 9:30a-1p BINGO & LUNCH in the Park (Sign-up Required) St. George 10a-12p Crochet/ Needlework 10a-11a Technology Class 11a-12p Cornhole 3p-4p Jazz & Puzzles
28 9:30a-10a Music & Chat 10a-11a Celebrate Life 11a-12p Jeopardy w/ AmeriLife 2p-3p Grief Support 3p-4p Book Club	29 9:30a-10a Balance Exercise 10a-11a Music and Games 11a-12p Cornhole 1p-3p Inter. Quilting 2p-4p Open Artist 3p-4p Board Games (Intergenerational) 3:30p-4:30p Qigong	30 9:30a-10a Chair Exercise 10a-11a Bingo w/Hudak Insurance 11a-12p Western TV Wednesday 11a-12p Healthy Transformations/Managing Triggers 2:30p-4:30p Movie Wednesday	31 9:30a-10:30a Journaling w/Music 10a-12p Rug Hooking 10a-11a Spanish 10:30a-11:30a Bible Study 10:30a-11:30a Puzzles & Games 1p-3:30p Wood Carving 2p-3p Balance Class	 <p>Pickleball Wednesdays 2:30p-4:30p</p>

CARDS & GAMES



Hand & Foot/Canasta
Every Monday 8:30am - 2:00pm



Euchre
Every Tuesday 10:00am - 12:00pm



Mahjong
Every Wednesday 1:00pm - 3:00pm



Bridge
Every Wednesday 1:00pm - 4:00pm



Dominoes
Every Monday 12:00pm - 3:00 pm



Pinochle
Every Friday 8:30am - 2:00pm

Fourth of July

Word Search Puzzle



R	U	Q	O	G	Y	K	J	Q	E	K	R	O	I	Y	F	V
E	N	T	G	G	P	A	T	R	I	O	T	I	C	O	T	A
V	H	O	L	I	D	A	Y	S	C	C	Q	Q	A	T	L	P
O	I	H	U	U	M	Z	S	O	F	R	E	E	D	O	M	E
L	I	N	D	E	P	E	N	D	E	N	C	E	A	H	Y	S
U	Q	C	T	Y	R	L	X	S	O	Z	E	N	M	O	T	U
T	D	O	Q	G	G	J	D	R	Y	A	L	P	S	T	P	M
I	W	L	N	F	A	M	I	L	Y	S	E	B	B	D	I	M
O	C	O	B	N	L	U	O	Q	K	E	B	I	E	O	C	E
N	C	N	R	K	L	Y	F	R	U	O	R	D	W	G	N	R
G	A	I	S	N	I	M	O	C	G	E	A	H	J	S	I	B
S	M	E	C	G	B	W	E	I	S	R	T	J	L	J	C	I
T	E	S	B	G	E	B	C	X	A	R	I	M	U	S	I	C
A	R	G	K	R	R	B	S	P	U	C	O	J	U	L	Y	J
T	I	Z	I	A	T	E	A	O	T	C	N	F	L	A	G	R
E	C	F	B	Y	Y	W	F	J	E	F	F	E	R	S	O	N
S	A	V	H	X	F	L	O	L	N	Y	D	M	E	F	R	R



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LIBERTY
MUSIC
PARADE
PATRIOTIC
PICNIC
REVOLUTION
STATES
SUMMER

DAVID SOJOURNER SENIOR CENTER HIGHLIGHTS



BOOK CLUB

Monday, Wednesday, Friday 2:00pm-3:00pm
Join us at the Book Club where stories come alive and friendships grow one chapter at a time. Whether you're an avid reader or just love good conversation, there's a seat waiting for YOU!



TOGETHER IN FAITH

Every Wednesday, 11:00am-12:00pm
Join us for bible study. Everyone welcome.



BINGO & LUNCH IN THE PARK

July 25th, 2025 9:30am-12:30pm
Enjoy a beautiful day outdoors with BINGO and Lunch in the Davis-Bailey Park, St. George—a perfect blend of fun, fresh air and fellowship.



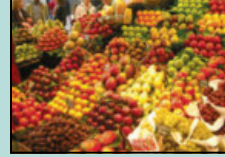
COFFEE & CHAT

July 17th, 10:30am-12:00pm Come have your coffee and chat with the Deputy Director of DSI. Your open to share your concerns, have fun and laugh all while helping to make DSI understand your needs.



WALMART TRIP

July 28th at 9:30 a.m.
Join us for a supply run to our local Walmart deadline for sign up is **7/18/2025**
(Sign Up Required) (\$1.00 Fee)



SAXMORE FARMS TRIP

July 15th, 9:30a-12:30pm
Come explore, our local hub for fresh, homegrown produce, handcrafted goods, and community connection. **(Sign Up Required.)**



COMPUTER TECHNOLOGY 101

July 29th, 10:00am-11:30am
Join us as we navigate the computer world. Come learn how to use a computer, emailing, how to navigate the internet and so much more.



HEAD PLANTER WORKSHOP

July 21st 9:30am -12:30pm
Come join both Centers while we plant our favorite seeds, be with friends/fellow plant lovers and get creative together.

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ST. GEORGE CALENDAR OF EVENTS — JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12p Crochet/Needlework 10a-11a July 4th Celebration 11a-12p Cornhole 1p-2p Music & Puzzles 3p-4p Balance Class	2 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11a JINGO 11a-12p Together In Faith 11a-12p Virtual Fitness w/ Angie Primus 2p-3p Book Club Information Session 2:30p-4:30p Western Show Wednesday	3 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a—10:30a TV Game Show 10a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/ Stacey Owens 11:30a-12p Trivia 1p-2p Soap Opera Chat 3p-4p Balance Class	4 CLOSED INDEPENDENCE DAY 
7 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Music & Puzzles 10a-12p Quilting 10:30a-12p Just Good Enough Band 2p-3p Book Club Information Session 2:30-3:30 Movie Madness w/Popcorn	8 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12p Crochet/Needlework 10a-11a Medical Trivia w/Wholistic Insurance 11a-12p Cornhole 1p-2p Music & Puzzles 3p-4p Balance Class	9 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11a JINGO 10:30a-11:15a Book Mobile 11a-12p Together in Faith 11a-12p YOGA w/ Kathleen Huntington 2p-3p Book Club Information Session 2:30p-4:30p Western Show Wednesday	10 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a TV Game Show 10a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/Stacey Owens 11:30a-12p Who's My Match Game 1p-2p Soap Opera Chat 3p-4p Balance Class	11 9a-10a Card Games 9:30a-10a Chair Exercise 10:30a-12p Jeopardy 2p-3p Grief Support w/ Pastor James Way 2p-3p Book Club Information Session
14 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Music & Puzzles 10a-12p Quilting 10:30a-11:30a Karaoke 2p-3p Book Club Information Session 2:30-3:30 Movie Madness w/Popcorn	15 9a-10a Card Games 9:30a-12:30p Saxmore Farms Farmer's Market (Sign Up Required) 9:30a-12p Movie w/Popcorn 10a-12p Crochet/Needlework 1p-2p Music & Puzzles 3p-4p Balance Class	16 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11a JINGO 11a-12p Together in Faith 11a-12p Virtual Fitness w/ Angie Primus 2p-3p Book Club 2:30p-4:30p Western Show Wednesday	17 9a-10a Card Games 9:30a-10:30a Walking Club 10:30a-12p Coffee & Chat w/Deputy Director 10a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/Stacey Owens 11:30a-12p Who's My Match Game 1p-2p Soap Opera Chat 3p-4p Balance Class	18 9a-10a Card Games 9:30a-10a Chair Exercise 10a-10:30a Chair Travel to Greece 10:30a-12p BINGO w/Wren Hospice 2p-3p Book Club Information Session

ST. GEORGE CALENDAR OF EVENTS — JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
21 9a-10a Card Games 9:30a-12:30p Head Planter Workshop (Sign Up Required) Summerville Location 9:30a-12:30p Movie Madness w/Popcorn 10a-12p Quilting 2p-3p Book Club 2:30p-3:40p Music & Chat	22 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12p Crochet/Needlework 10a-11a Medication Management w/MSA Home Health & Hospice 11a-12p Cornhole 1p-2p Music & Puzzles 3p-4p Balance Class	23 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11p Fall Prevention W/ Trident Health 11a-12p Together in Faith 11a-12p YOGA w/ Kathleen Huntington 2p-3p Book Club 2:30p-4:30p Western Show Wednesday	24 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a TV Game Show 10a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/Stacey Owens 11:30a-12p Christmas in July 1p-2p Soap Opera Chat 3p-4p Balance Class	25 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12:30p BINGO & LUNCH in the Park (Sign Up Required) SG Location 12:30p-1p July B'Day Celebration 2p-3p Book Club
28 9a-10a Card Games 9:30a-12p Walmart Trip (\$1.00 Fee) 9:30a-12p Movie (The Forge) 10a-12p Quilting 2p-3p Book Club 2:30-4:30 Music & Chat	29 9a-10a Card Games 9:30-10a Chair Exercise 10a-12p Crochet/Needlework 10a-11:30a Computer Technology 101 w/ Barbara Prowler & Renee Rivers 1p-2p Music & Puzzles 3p-4p Balance Class	30 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11p JINGO 11a-12p Together in Faith 11a-12p Virtual Fitness w/Angie Primus 2p-3p Book Club 2:30p-4:30p Western Show Wednesday	31 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a TV Game Show 10a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/Stacey Owens 11:30a-12p Trivia 1p-2p Soap Opera Chat 3p-4p Balance Class	Private Pay Meal are \$7.00 To reserve or cancel a meal, call nutrition support (843) 834-8423 by 1pm.

ST. GEORGE FITNESS CLASSES

	INSTRUCTOR LEAD YOGA W/ KATHLEEN HUNTINGTON 10am-11am July 9th and 23rd		CHAIR & BALANCE EXERCISE 9:30am-10am Most Days
	WALKING CLUB Mondays 9:30am—10:30am Thursdays 9:30am-10:30am Most Weeks		BALANCE CLASS 3p-4p Tuesdays and Thursdays
	VIRTUAL FITNESS W/ ANGIE PRIMUS 10am—11am, July 2nd, 16th and 30th		INSTRUCTOR LEAD TIA CHI W/ HEALTH COACH STACEY OWENS 10:30am —11:30am, Every Thursday

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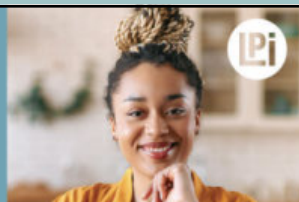
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JULY 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> Creamy Macaroni & Tuna Buttered Carrots June Peas Strawberry Gelatin	<u>2</u> Turkey Salad Broccoli Raisin Salad Banana Chocolate Swirl Pudding	<u>3</u> Orange Glazed Chicken Mixed Greens Lima Beans Peaches	<u>4</u> Closed for 4 th of July
<u>7</u> Baked Ham W/ Pineapple Glaze Sweet Potatoes June Peas Tropical Fruit	<u>8</u> Meatballs Green Limas Cabbage Lime Pear Gelatin	<u>9</u> Country Style Steak in Gravy Mashed Potatoes Collard Greens Banana	<u>10</u> Tuna Salad Mixed Fruit Cucumber Salad Lemon Dessert	<u>11</u> Oven Fried Chicken Okra & Tomatoes Lima Beans Pineapples
<u>14</u> Hamburger Potatoes & Onions Brussel Sprouts Fruit Cocktail	<u>15</u> BBQ Pork Riblet Baked Beans Turnip Greens Applesauce	<u>16</u> Chicken Salad Marinated Vegetables Vanilla Pudding Banana	<u>17</u> BBQ Chicken Pinto Beans Cabbage Cookies	<u>18</u> Sloppy Joe Buttered Carrots Coleslaw Stewed Apples
<u>21</u> Salisbury Steak Lima Beans Peaches Brown Rice Fig Bar	<u>22</u> Turkey Meatloaf W/Gravy Sweet Potatoes June Peas Tropical Fruit	<u>23</u> Spaghetti in Meat Sauce Squash & Onions Green Beans Orange Pineapple Gelatin	<u>24</u> Turkey Broccoli Raisin Salad Buttered Corn Rice Banana	<u>25</u> Herb Baked Chicken Okra & Tomatoes Lima Beans Pears
<u>28</u> Meatballs & Gravy Mashed Potatoes Mixed Veggies Fresh Apple	<u>29</u> Creamy Macaroni & Tuna Buttered Carrots June Peas Strawberry Gelatin	<u>30</u> Turkey Salad Broccoli Raisin Salad Banana Chocolate Swirl Pudding	<u>31</u> Orange Glazed Chicken Mixed Greens Lima Beans Peaches	Milk served daily; bread or roll on most days

Food prepared by Senior Catering. **Menu subject to change without notice.**

To reserve or cancel a meal, call Nutrition Support 843-830-5839 by 1p.m, 24-hours in advance.