

Dorchester Seniors, Inc.

"NOT YOUR AVERAGE SENIOR CENTER"



Dorchester
Seniors Inc.

October
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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WWW.DORCHESTERSENIORS.COM

DSI MEMBERSHIP

Dorchester County Residents \$ No Charge

Out-of-County Residents \$ 24 year

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

HELLO
OCTOBER!





The Power of Mindset in Nonprofit Work

Every day, our centers welcome neighbors who bring stories, challenges, and hopes. In those moments, we face a simple choice: focus on what's wrong—or focus on what we can make right. At Dorchester Seniors, we choose solutions. That choice shapes how we serve, how we treat one another, and how we move forward together.

Positivity is not about overlooking real problems. It is about meeting challenges with clear eyes and steady hearts. A positive mindset allows us to keep our energy for what matters most: taking the next right step. It helps us listen with empathy, collaborate more effectively, and recognize possibilities where frustration once lived. Negativity narrows our view and keeps us stuck in what cannot be done, often blinding us to the resources and partners already within reach. By contrast, a solution-focused mindset widens our view. By asking “What can we try next?” momentum returns, and progress becomes possible.

We see this approach in action every day. When pantry needs rise, we don't dwell on scarcity—we mobilize neighbors, partners, and volunteers to restock and deliver. When transportation challenges threaten to isolate seniors, we adjust routes, coordinate rides, and ensure older adults remain connected to care and community. When members walk through our doors, we strive to create welcoming spaces where every person is seen, respected, and included—because human connection is often the best solution to isolation.

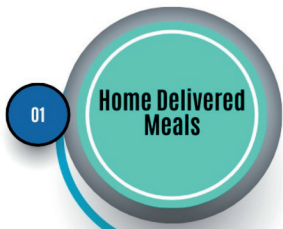
Positivity becomes powerful when it is put to work. A smile at the door, a ride across town, or a simple check-in call may seem small, but together these gestures build a community where older adults are nourished, connected, and thriving. Each action is proof that solutions are within reach when we choose to focus on what can be done rather than what cannot.

As we enter the season of gratitude, we invite our community to lean into the mindset that lifts us all—kindness, patience, and purposeful action. Every challenge can be met with resilience when we choose solutions over negativity.

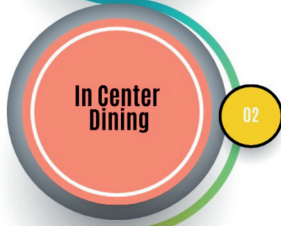
Together, we can transform obstacles into opportunities and create a stronger Dorchester County for every generation.

With appreciation,
LaQuinta West
Executive Director, Dorchester Seniors, Inc.

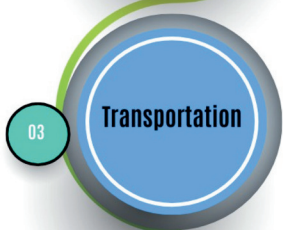
SERVICE PROGRAMS



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.





Summerville Volunteer Spotlight Janice Nolan

Length of time at Dorchester Seniors: 6 years

What area(s) do you volunteer? Assisting with coffee, working in the library, helping with cornhole, and portioning food in the kitchen.

What do you enjoy most about volunteering? I enjoy helping people and talking with them and letting them know they are loved.

What is your favorite color? Yellow

What is your favorite quote? "With God all things are possible".



St. George Volunteer Spotlight Pamela Grate

What do you enjoy about coming to the center? Like being with all of my friends at the center. Very good people, made me feel welcome here.

What was your work career? Food Service

What do you like to do when you aren't volunteering?
Sing, cook and watch TV.

Do you have a favorite quote or saying?
When I think of the goodness of Jesus and all he done for me my soul cried out hallelujah. I thank god for saving me.

OUTREACH EFFORTS

**Annual
THANKSGIVING
Feast & Giveaway**

**November 27th
9:00am - 12:00pm**
Dorchester Seniors
312 N. Laurel St.
Summerville, SC 29483
843-871-5053

HOT MEAL

CLOTHING

TOYS

HYGIENE PRODUCTS

OPEN TO ALL

THANKSGIVING DAY OF GIVING

On Thanksgiving morning, Dorchester Seniors, Inc. and Together, We Are Helping Hands will serve 1,000 neighbors with hot meals, warm clothing, hygiene kits, and toys.

17 Event Details

When: Thanksgiving Day | 9:00 AM – 12:00 PM

Where: Dorchester Seniors
312 North Laurel Street
Summerville, SC 29483

What: Meals, clothing, toiletries, and toys—dine-in, take-out, and deliveries for homebound neighbors.

Who: You, your family, friends, and our community.
Open to everyone!!!

- BBQ Sandwich
- Baked Beans
- Hot Dogs
- Chips
- Cookies
- Hash
- Slaw



BBQ In The Ville



November 15, 2025 | 12:00pm - 4:00pm
at

Dorchester Seniors, Inc.
312 North Laurel St.
Summerville, SC 29483



Live DJ Line Dancing Shagging

***Tickets available at both centers**



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
Asst. Instructor: Esther Brooks



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.



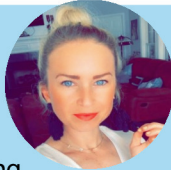
50+ FIT EXERCISE CLASSES

*DSI 50+Fit costs \$20 per month & include all classes listed below.
 Visit our Summerville location to learn more..*

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 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 & second 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),
8:15am - 9:05am

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

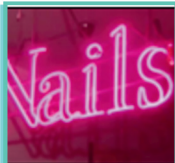
Tuesdays, 2:30pm - 3:30pm

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



Tia Moultrie, Licensed Nail Tech 9a-4p

Specializing in nail care for adults 50+. Come book your appointment with Tia right here at Dorchester Seniors. Every first & third Friday from 9am-4pm each month.



Summerville Fire Dept.-Cooler Weather Safety Friday October 3rd 10am-11am

The Cold weather is coming, so lets make sure we are ready, but safe. Come join the talk w/ Summerville Fire Dept about the do's and don'ts for this upcoming cool weather.



Zumba Gold with Donna Ottone:

Mondays 11:30a-12:30p, Friday 9:30a-10:30a

Want to try Zumba but not sure! Zumba Gold is less intense dance routines designed for beginners and mature Adults.



Walmart Trip Monday October 13th

We take our monthly Walmart trip every second Monday of each month. The Bus is only a fee of \$1.00 or meet us there. Come join us!



Car Lovers Thursday October 16th 2pm-3pm

Are you someone with a passion for automobiles? Come sit down and talk to others with the same passion.



Seasonal Songs From The Joy Singers October 28th 10:30am-11:30am

Summerville Baptist Church whose mission is to use music for worship and fellowship is coming here. Come join us, as we listen to their music performance.



Cornhole Tuesdays & Fridays 11am-12pm:

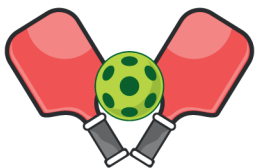
Get your toss on! Whether you're a seasoned bag-slinger or a total newbie, cornhole is happening twice a week.



Fall Festival Bash October 31st

9:30am-12:00pm Come join us for a day filled with games, snacks and a lot of memories. No tricks but plenty of treats! Costumes are welcomed!

SUMMERVILLE CALENDAR OF EVENTS — OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 Pickleball Mondays & Wednesdays 2:30p-4:30		1 9:30a-10a Chair Exercise w/ Video 10a-11a– Bingo w/ Interim Health 11a-12p-Aging In Place Safely w/ ERA 2:30p-4:30p- Movie Wednesday	2 9:30a-10:30a- Music & Journaling 10a-11a– Spanish 10a-12p– Rug Hooking 10:30a-11:30a– Bible Study 10:30a-11:30a– Puzzles & Games 1p-3:30p- Woodcarving 2p- 2:30p Balance Class w/Video	3 9a-4p– Nails w/ Tia 9:30a-10a-Balance Exercise w/ Video 10a-11a Cooler Weather Safety w/ Summerville Fire Dept. 10a-12p Crochet Needlework 11a-12p-Cornhole 3p-4p-Jazz & Puzzles
6 9:30a-10a Coffee & Chat 10a-11a Chair Exercise W/ Donne Ottone 10a-12p Jewelry Making w/ Sandie (sign- up) 2p-3p Grief Support 3p-4p– Book Club	7 9:30a-10a Balance Exercise w/ Video 10a-12p-Oysters Painting w/ Barbrea (Sign-Up) 11a-12p-Cornhole 1p-3p-Inter. Quilting 2p-4p-Open Craft w/Oysters Painting Barbrea (Sign-Up) 3:30p-4:30p-Qigong	8 9:30a-10a-Chair Exercise w/ Video 10a-11a-Bingo w/ Wholistic 10:30a-11:30a– Book Mobile 11a-12p-Healthy Transformations– Get Enough Sleep 2:30p-4:30p Movie Wednesdays	9 9:30a-10a-Music & Journaling 10a-12p-Rug Hooking 10a-11a-Spanish 10:15a-11a-Gentle Line Dance 10:30a-11:30a-Bible Study 10:30a-11:30a- Puzzles & Games 1p-3:30p-Wood Caring 2p-3p-Balance Exercise w/ Video	10 9:30a-10a-Balance Exercise w/ Video 10a-12-Painting Ceramics w/ Victoria Singleton 10a-11a- Games 10a-12p- Crochet Needlework 10a-11a– Tech Help 11a-12p- Cornhole 3p-4p-Jazz & Puzzles
13 9:30a-10a– Coffee & Chat 9:30a-11:30a-Wal- Mart trip \$(sign-up) 10a-12p Movie 2p-3p Grief Support 3p-4p Book Club	14 9:30a-10a Balance Exercise w/ Video 10a-11a-Medicare 101- 2025w/Humana 11a-12p Cornhole 11a-12p-Adult Coloring 1p-3p Inter. Quilting 2p-4p Open Craft 3:30p-4:30p Qigong	15 9:30a-10a-Chair Exercise w/ Video 10a-11a-Bingo w/ Wren-Hospice 11a-12p– Adult Coloring 2:30p-4:30p Movie Wednesdays	16 9:30a-10a-Music & Journaling 10a-12p Rug Hooking 10a-11a-Spanish 10:15a-11a-Gentle Line Dance 10:30a-11:30a-Bible Study 10:30a-11:30a- Puzzles & Games 1p-3:30p-Wood Carving 2p-3p Balance w/ Video 1p-3p-Car Lovers meetup	17 9a-4p– Nails w/ Tia 9:30a-10a Balance Exercise w/ Video 10a-11a JUST GOOD ENOUGH BAND 10a-11a Games 10a-12p Crochet/ Needlework 11a-12p Cornhole 3p-4p Jazz & Puzzles

SUMMERVILLE CALENDAR OF EVENTS — OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
20 9:30a-10a-Chair Travel to Maine 10a-11a-Public Trans. Identity Theft and Scams Prevention w/ SC Consumer Affairs 11a-12p- Crafts w/Connie 1p-2:15- NARFE 2p-3p- Grief Support 3p-4p- Book Club	21 9:30a-10a Balance Exercise w/ Video 10a-11a Shopping, Preparing &Cooking Food for Better Blood Pressure Management 11a-12p-Cornhole 1p-3p- Inter. Quilting 2p-4p-Open Craft 3:30p-4:30p Qigong	22 9:30a-10a- Chair Exercise w/ Video 10a-11a Bingo w/Emerald Home Care 11a-12p Icebreaker w/ Seniors Pair Up 1p-2:30p-AARP 2:30p-4:30p- Movie Wednesday	23 9:30a-10:30a-Music & Journaling 10a-12p-Rug Hooking 10a-11a- Spanish 10:15a-11a-Gentle Line Dance 10:30a-11:30a-Bible Study 10:30a-11:30a- Puzzles & Games 1p-3:30p-Wood Carving 2p-2:30p-Balance Class w/ Video	24 9:30a-10a-Balance Exercise w/ Video 9:30a-11:30a- Bowling/ Royal Lanes \$(sign-up) 10a-12p- Movie and popcorn 10a-12p- Crochet/ Needlework 10a-11a-Tech Help 11a-12p- Cornhole 3p-4p-Jazz & Puzzles
27 9:30a-10a-Coffee & Chat 10a-11a-Breast Cancer Awareness Trivia w/SCState1890 11a-12p- Young Elvis 12p-1p- Adult Coloring 2p-3p- Grief Support 3p-4p- Book Club	28 9:30a-10:30a-Change of Medicare w/Wholistic 10:30a-11:30- Seasonal Songs from the Joy Singers 11a-12p- Cornhole 1p-3p -Inter. Quilting 2p-4p- Open Craft 3:30p-4:30p Qigong	29 9:30a-10a- Chair Exercise w/ Video 10a-11a-Bingo w/ Humana 11a-12p-Trivia 2:30p-4:30p- Movie Wednesday	30 9:30a-10:30a-Music & Journaling 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-2:30p-Balance Class w/Video	31 9:30a-10a- Balance Exercise w/ Video 9:30a-12p- Fall Festival Bash 10a-12p- Crochet/ Needlework 11a-12p- Cornhole 3p-4p- Jazz & Puzzles

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



ACTIVITY CORNER

CONUNDRUM
PARADOXICAL
ENIGMATIC
LABYRINTH
CRYPTOGRAPHY
OBFUSCATION
PERPLEXITY
QUAGMIRE

DILEMMA
ANOMALOUS
AMBIGUOUS
INSCRUTABLE
INEXPLICABLE
PUZZLEMENT
MYSTERIOUS

Word
SEARCH

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

DAVID SOJOURNER SENIOR CENTER HIGHLIGHTS



WALKING CLUB

Every Monday & Thursday, 9:30a-10:30a

Meet us at the Davis Bailey Park to get in some steps, earn your place on the walking club plaque, and make friends.



TOGETHER IN FAITH BIBLE STUDY

Every Wednesday, 11:00am-12:00pm

Join us for bible study. Everyone welcome.



BINGO

Every Friday beginning at 10:00am

Come play bingo for sponsored prizes.



Dorchester County bookmobile

October 29th, 2025 10:30am-11:15am

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!



WALMART TRIP

October 27th, 2025 9:30am

Join us for a supply run to our local Walmart

deadline for sign up is 10/17/25

(Sign Up Required) (\$1.00 Fee)



BINGO & LUNCH IN THE PARK

October 24th, 2025 10:00am-11:00am

Enjoy a beautiful day in St. George at the Davis-Bailey Park for loads of fun, laughter and fellowship.



Palmetto Goodwill Trip

(Fee \$2)

October 16, 2025 9:30am-12:00pm

Lets shop and have fun!



Balance Class

Tuesdays and Thursdays 3:00pm-4:00pm

Come learn nutrition and health-related behaviors conducive to living healthier lives and building healthier families and communities.

ST. GEORGE CALENDAR OF EVENTS OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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 Bible Study 11a-12p Chair Yoga w/ Kathleen Huntington 2:30p-4:30p Western Show Wednesday	2 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Word Search 10a-12p Crochet/ Needlework 10:30a-11:30a Tai Chi w/ Stacey Owens 1p-2p Soap Opera Chat 3p-4p Balance Class	3 9a-10a Card Games 9:30a-10a Balance Exercise 10a-11:30a BINGO w/ AmeriLife
6 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Music and Puzzles 10a-12p Quilting 10:30a-11:30a Family Feud 2:30-3:30 Monday Movie Madness w/ Popcorn	7 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12p Crochet/ Needlework 10a-11a Crafting W/ Karen 11a-12p Cornhole 1p-2p Music and Conversations 3p-4p Balance Class	8 9a-10a Card Games 9:30a-10a Balance Exercise 10a-11a Humana w/ Trey Harrison 10a-12p Quilting 11a-12p Together in Faith Bible Study 11a-12p JINGO 2:30p-4:30p Western Show Wednesday	9 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 1p-2p Soap Opera Chat 3p-4p Balance Class	10 9a-10a Card Games 9:30a-10a Balance Exercise 10a-11:30a BINGO w/ CVS Aetna Health 3:30p-4:30p Open Artist
13 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Music and Puzzles 10a-12p Quilting 10:30a-11:30a Jeopardy 11:30am-12:00pm Breast Cancer awareness program 2:30p-3:30p Monday Movie Madness w/ Popcorn	14 9a-10a Card Games 9:30a-10a Chair Exercise 10a-12p Crochet/ Needlework 10a-11a Happy Hour w/Konia 11a-12p Corn hole 1p-2p Music and Conversations 3p-4p Balance Class	15 9a-10a Card Games 9:30a-10a Balance Exercise 10a-12p Quilting 10a-11a JINGO 11a-12p Together in Faith Bible Study 11a-12p Chair Yoga w/Kathleen Huntington 2:30p-4:30p Western Show Wednesday	16 9a-10a Card Games 9:30a-12p Palmetto Goodwill Trip(Fee \$2) (Sign-up Required) 9:30a-10:30a Walking Club 10a-12p Crochet / Needlework 10:30a-11:30a Tai Chi w/ Stacey Owens 1p-2p Soap Opera Chat 3p-4p Balance Class	17 9a-10a Card Games 9:30a-10a Balance Exercise 10a-11a BINGO w/ Lin Shuman of Wren Hospice 11a-12p Edward Glover, emergency preparedness 3:30p-4:30p Open Artist

ST. GEORGE CALENDAR OF EVENTS OCTOBER 2025

Monday

Tuesday

Wednesday

Thursday

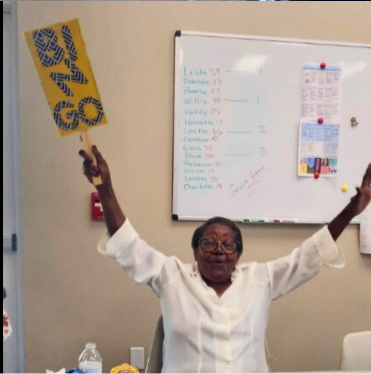
Friday

20 9a-1 0a Card Games 9:30a-10:30a Walking Club 1 0a-12p Quilting 10:30a-11:30a Medicare Presentation W/Wholistic Insurance 11:30am-12:00pm 2:30p-3:30p Monday Movie Madness	21 9a-1 0a Card Games 9:30a-1 0a Chair Exercise 1 0a-12p Crochet/Needlework 10a-11a JINGO 11 a-12p Corn hole 1 p-2p Music and Conversations 3p-4p Balance Class	22 9a-1 0a Card Games 9:30a-10a Balance Exercise 1 0a-12p Quilting 10a-11a Intro to My Plate Nutrition Ed w/ Kayla Fitzgerald 11 a-12p Presentation w/Wholistic Insurance 11 a-12p Together in Faith Bible Study 2:30p-4:30p Western Show Wednesday	23 9a-1 0a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Word Search 1 0a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/ Stacey Owens 1 p-2p Soap Opera Chat 3p-4p Balance Class	24 9a-1 0a Card Games 9:30a-1 0a Chair Exercise 10a-11a BINGO & Lunch in the Park 12p-1p Birthday Celebrations 3:30p-4:30p Open Artist
27 9a-10a Card Games 9:30a-10:30a Walking Club 9:30a-12p Walmart Trip (\$1.00 Fee) (Sign-up Required) 9:30a-12p Movie 10a-12p Quilting	28 9a-1 0a Card Games 9:30a-12:30p Joy Singers- Summerville 10a-12p Crochet/Needlework 10a-12p Movie Day 11 a-12p Corn hole 1 p-2p Music and Conversations 3p-4p Balance Class	29 9a-10a Card Games 9:30a-1 0a Balance Exercise 10a-12p Quilting 10a-11a Cornhole 10:30a-11:15a Book Mobile 11 a-12p Together In Faith Bible Study 11a-12p Chair Yoga w/ Kathleen Huntington 2:30p-4:30p Western Show Wednesday	30 9a-1 0a Card Games 9:30a-10:30a Walking Club 9:30a-10:30a Word Search 1 0a-12p Crochet/Needlework 10:30a-11:30a Tai Chi w/ Stacey Owens 1 p-2p Soap Opera Chat 3p-4p Balance Class	31 9a-1 0a Card Games 9:30a-12:30p Fall Festival - Summerville 10a-12p Movie 3:30p-4:30p Open Artist

ST. GEORGE FITNESS CLASSES

 Chair Yoga W/Kathleen Huntington September 3rd & 17th 11:00am-12:00pm		 Tia Chi w/ Health Coach Stacey Owens 10:30am —11:30am Every Thursday
Walking Club Mondays 9:30am-10:30am Thursdays 9:30am-10:30am 		Strong Start: Chair & Balance 9:30am-10am Weekly Balance Hour 3pm—4pm Tuesdays and Thursdays 

Community Corner



Love cars? Old, new, shiny, classic, fast—or just plain fun? Then this is the place for you! Join us for a car meetup that's open to all ages and all cars. Bring your car, bring your friends, bring your stories—and let's talk cars while enjoying a laid-back day of fun. From classics to modern muscle, every style and story is welcome.



**Car Lovers Meetup:
Every 3rd Thursday 1p-3p**



OCTOBER 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1 Chicken Chili Steamed Cabbage Peach Crisp	2 BBQ Pulled Pork Turnip Greens Baked Beans Cornbread Chocolate Pudding	3 Smothered Chicken Leg & Thigh Mashed Potatoes Okra & Tomatoes Tropical Fruit Mix
6 Meatballs in Brown Gravy June Peas W/ Pimentos Fruit Juice Stewed Apples	7 Spaghetti in Meat Sauce Steamed Broccoli Green Limas Vanilla Pudding	8 Ham Collard Greens Black-eyed Peas Cornbread Banana	9 Herb Baked Chicken Leg & Thigh Green Beans Sweet Potatoes Peaches	10 Chicken Stew W/ Vegetables Buttered Corn Biscuit Fruited Gelatin
13 Scalloped Potatoes & Ham Diced Carrots Orange Juice Apple Crisp	14 Country Style Steak W/ Gravy Mashed Potatoes Mixed Greens Cornbread Banana	15 Breaded Chicken Buttered Corn Steamed Broccoli Fruited Gelatin	16 Sloppy Joes White Lima Beans Coleslaw Warm Spiced Peaches	17 BBQ Chicken Leg & Thigh Green Beans Stewed Potatoes Butterscotch Pudding
20 BBQ Riblet June Peas Marinated Slaw Stewed Apples	21 Beef Stew W/ Vegetables Steamed Cabbage Brown Rice Peach Cobbler	22 Jelly Glazed Meatballs Green Limas Diced Carrots Lime Pear Gelatin	23 Lemon Pepper Chicken Pinto Beans Collard Greens Cornbread Banana	24 Salisbury Steak Mixed Vegetables Mashed Potatoes Pineapple Pudding
27 Hamburger w/ Gravy Green Limas Carrots White Rice Fresh Orange	28 Turkey Sausage Stewed Apples Orange Juice Biscuit Banana	29 Chicken Chili Steamed Cabbage Peach Crisp 16	30 BBQ Pulled Pork Turnip Greens Baked Beans Cornbread Chocolate Pudding	31 Smothered Chicken Leg & Thigh Mashed Potatoes Okra & Tomatoes Tropical Fruit Mix