



CLASSIC TIMES

From our Director....Lynda Christison

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

—Leo Buscaglia

As we move through fall and into the holiday season, I want to thank everyone who makes kindness and caring a central part of their daily lives. For many, this time of year can be especially lonely and difficult.

Taking a few minutes to show someone kindness and caring benefits both the receiver and the giver. Stress levels, depression, loneliness, aches and pains, blood pressure, and general health can all improve for everyone involved in regular exchanges of caring and kindness. We don't even need to agree on anything in order to be kind to each other.

Kindness and caring can be as simple as a hug, a smile, a compliment, listening for a few minutes, picking up something that was dropped, sharing coffee or a snack—the opportunities to be kind and to care are endless.

To the volunteers, program participants, community and staff who support our programs and give from their hearts— **Thank You!**

FIVE WISHES

MY WISH FOR:

The Person I Want to Make Care Decisions for Me When I Can't

The Kind of Medical Treatment I Want or Don't Want

How Comfortable I Want to Be

How I Want People to Treat Me

What I Want My Loved Ones to Know

Print Your Name:

Signature:

Five Wishes

Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences.

Five Wishes is for anyone 18 or older – married, single, parents, adult children, and friends. Five Wishes allows you to have peace of mind knowing that it substantially meets South Carolina's requirement under the law. More information can be found at www.fivewishes.org



Falls Prevention Workshops

Fall prevention workshop are designed to help the senior population of Lexington County learn how to prevent falls in adults 60 yrs plus. This class will teach ways to implement making homes safer and more fall resistant, and demonstrate procedures to use and actions to take if they were to experience a fall.

Workshop Locations-

October 11, 2023 Gilbert Senior Center, 11:00 a.m.-11:45 a.m.

November 13, 2023 Swansea Senior Center, 10:00 a.m.-10:45 a.m.

December 5, 2023 Lexington Senior Center, 10:00 a.m.-10:45 a.m.



Active Adult Personal Training



- One-on-one fitness training for adults 55+ to enhance muscular strength, aerobic endurance, flexibility, body composition and functional movement in order to help improve activities of daily living.
- Program involves an initial assessment with an ACE certified personal trainer to get a baseline for exercise programming and to discuss each individual's goals. After the initial assessment, the participant will meet the trainer for an individualized workout with the trainer.

Rates

Fitness Assessment + 1 Training Session: \$30

Fitness Assessment + 3 Training Sessions: \$75

To sign up or if you have any questions, please contact:

Tony Diaz, Senior Strength Coordinator
803-909-9309
tdiaz@lcrac.com



Project Pantry



LCRAC's Council on Aging is accepting donations for Project Pantry. This pantry serves with emergency food and toiletries for homebound seniors in Lexington County.

Items we need most are the following:

Canned Food-Canned meats like tuna-chicken-ham, canned chicken, canned fruit, and canned soups

Household Items-Dish Soap, Hand Soap, Paper towels, and Kleenex.

If interested in donating please contact Kim Stamm at (803) 356-5111.



Wellness Center Members...
Training opportunity



We need your support.... Meals on Wheels Campaign

We are currently accepting donations and sponsors for Meals on Wheels in Lexington County. All proceeds will go directly into feeding homebound seniors in Lexington County.

Meals on Wheels America reports that before the Corona-virus pandemic, nearly 9.7 million seniors were threatened by hunger.



If interested in donating this QR code will bring you to the donation page on LCRAC's website....www.lcrac.com



Classic Travelers

Join us for trips and tours. Geared toward seniors but open to all adults.

New York City Christmas

November 27-December 2, 2023

Tis the season for a New York City getaway! We will be staying in the New York City Theater District just steps away from Times Square. The trip includes orchestra seating for the Radio City Music Hall Christmas Spectacular starring the Radio City Rockettes, a guided Tour of New York City, a trip to Grand Central Stations Holiday Fair, dining in New York City, and plenty of time to holiday shop or take in a Broadway play!

Cost: \$1529 (double occupancy)

Pigeon Forge and Smoky Mountains Show Trip

December 4-8, 2023

Classic Travelers is heading back to Tennessee this Christmas! Join us for a host of shows including the Smith Morning Variety Show, The Patty Waszak Show, Tis the Season, Magic of Terry Evanswood, Country Tonite, and Soul of Motown. We will also be enjoying some free time to explore Historic Downtown Gatlinburg. Call now for more information!

Cost: \$715 (double occupancy)

Miami, Fort Lauderdale & Key West, Florida

January 22-27, 2024

Classic Travelers is headed to the Sunshine State! Join us for a sightseeing cruise down the "Venice of America" through Millionaire's Row, free time in Key West, a guided tour of Miami, a guided tour of Coral Castle, visit the Hollywood Beach "Boardwalk" and more!

Cost: \$869 (double occupancy)

Alaska – Land and Sea Adventure

May 21-May 31, 2024

A once in a lifetime trip to Alaska awaits! Classic Travelers is headed back to Alaska for a land and sea adventure. Included in the trip is round trip airfare, 4 days/3 nights Land Tour, Wilderness Express train ride to Denali, Denali National History Tour, Tour of Gold Dredge 8, 7 day cruise aboard Royal Caribbean's Radiance of the Seas, and more! For pricing information, please contact us at 803-356-5111.

San Antonio, TX

September 7-15, 2024

Classic Travelers is headed to the great state of Texas! Travelers will enjoy a guided tour of San Antonio, visiting the River Walk for a scenic cruise, the Alamo, Lyndon B Johnson Ranch, Institute of Texan Culture, National Museum of the Pacific War, and many other stops. Call now for more information.

Cost: \$1155 (double occupancy)

If you have questions or would like additional information about one of these trips, please contact us at 803-356-5111.



Meet Our Staff.....

Director.....Lynda Christison
 Assistant Director.....Mary Beth Ables
 Meals Coordinator.....Anne McCartha
 Office Coordinator.....June Wilbanks
 Office Assistant.....Stacey Craps
 Community Development Coordinator.....Patrick Sippel
 Program Coord. Assistant.....Doris Yancey
 Volunteer/Outreach Coord.....Kim Stamm
 Case Management Coordinator.....Cherlyn Garrett-Kee
 I & R Specialist/Receptionist.....Mary Johnson
 Case Manager.....Lauren Grabowski
 Case Manager.....Al Thomas
 Case Manager.....Leigh Manley
 Senior Ctr Development Coordinator...Stephanie Rogan
 Homecare Coordinator.....Luciana Skubinski
 Homecare Tech.....Christine Hook
 Homecare Tech.....Debra Garrett
 Homecare Tech.....Virginia Tharp
 Medical Escort Driver.....Elizabeth Frost
 Later Life Advocate.....Karen Sundstrom
 Receptionist.....Minnie Warren



Project Warmth

The Lexington County Recreation & Aging



Commission is committed to improving the quality of life for all citizens through creative and meaningful life-enriching experiences.

In 2011, LCRAC created a holiday season event that we affectionately named Project Warmth. Since then, we have been able to gift thousands of blankets, gloves, scarves, and hats to seniors in Lexington County!

This year we would like to provide our seniors in Lexington County, as well as surrounding counties, if possible, with warm fuzzy items again. To make this happen, we need donations. We are asking local businesses and community members to assist us. Both monetary donations as well as new blanket donations are being accepted. Online donations may be made at LCRAC.com



Electric Sliding into fall!! Many thanks to Caesar, the Area Agency on Aging, and the SC Dept. on Aging for great music, food, COVID education, and emergency prep info!



Lexington County Recreation & Aging Commission's

Christmas Craft Show

Shop for items from local and regional craft makers!

**Saturday, December 9, 2023
9 am-2 pm**

Barr Road Sports Complex
 FREE Admission with canned food donation to benefit Lexington County Meals on Wheels.





BATESBURG - LEESVILLE SENIOR CENTER

9:00 a.m.-3:00 p.m.

241 Highland Avenue * Phone: (803) 532-4536 * Director: Julia Allen

Arts & Crafts

October- Halloween crafts

November- Thanksgiving crafts

December- Christmas crafts

Our projects are fun and easy!

Education

Local agencies come in and teach how to be a healthier you.

Nutrition Education

First Tuesday of each month

9:00 a.m.-10:00 a.m.

Informal, interactive sessions geared to understanding health benefits of good nutritional habits and smart food choices.

Blood Pressure Screening

First Friday of each month

9:00 a.m.-10:00 a.m.

Keep a check on your BP

Fitness

Senior Walkers

9:00 a.m. -10:00 a.m.

Leisurely strolls outside, weather permitting. Leisure center opens at 7:30 a.m.

Chair Yoga with Kay

Tuesdays & Thursday's

10:00 a.m.-11:00 a.m.

Seniorcise With Tony Diaz

Wednesdays, 10:00-11:00 a.m.

Increase flexibility, muscle strength, and improve overall coordination through low-impact exercise. Music and fun!

On-Going

Morning Coffee & Social Time

Daily, 9:00 a.m. -10:00 a.m.

Catch up on the news while enjoying a cup of piping hot coffee and breakfast snacks.

Lunch

Lunch served at noon Mon.-Fri. for those 60 and older. Call the day before by noon to make your meal reservation. Contact center for more information on becoming a participant!

Beulah Church of Gilbert

October 10th & December 12th

Birthdays

Birthdays are celebrated the first Friday of the Month with a special treat.

Games

Monday-Friday

11:00 a.m.- Noon

Bingo, puzzles, word scrambles, shuffle board, horse shoes, hidden objects, and more available daily.



Special Events

October 9-13, Senior games

October 11-22, SC State Fair

October 27, Halloween Party

November 20, Giving thanks

December 13, Christmas Party

December 15, Christmas ballet

Trips

Monthly Shopping trips to local area stores. Upcoming trips:

October- Hobby Lobby

November- Ollie's

December- Columbiana mall

****Please note that trips are for center participants only, and there is a small fee for transportation.**

*****Check with center for monthly updated calendar of events. Dates/times are subject to change.***

Center Closed

Veteran's Day- November 10, 2023

Thanksgiving-November 23-24, 2023

Christmas Holidays-December 25-26, 2023



Gilbert Summit Senior Center

8:30 a.m.—2:30 p.m.

409 Broad Street * Phone: (803) 892-5745 * Director: Donna Neel

Art & Crafts

October –Wind Chimes and Zentangle Pumpkins

November- Bird Seed Ornaments

December- Pine Cone Tree Craft and Holiday Ornaments

Education

Nutrition Education with Joey

First Thursday of the month at 11:00 a.m.
Nutrition topics that promote a healthy lifestyle through good dietary practices.

MSA Hospice with Christy Taylor

Blood Pressure Checks –First Thursday of the month 9:00 a.m-10:00 a.m
Monthly Health Education topics –Fourth Thursday of the month 10:45-11:45

Physical Therapy

Lauren and Kelly provide a variety of topics

Quarterly presentation to address and assess balance, mobility, and lower and upper body strength and endurance.
Dates vary so check center calendar.

Fitness

Video fitness with Nancy

Monday 9:30 a.m-10:15 a.m.

Nancy leads the group through chair exercises.

Seniortise with Tony Diaz

Weds. 11:00 a.m.-11:45 a.m.

Classes are for active senior center participants only. Class is targeted at improving flexibility, muscle strength and coordination through low impact exercise.

Fitness Walking

Monday through Friday

G-S Gym hours are 7:00 a.m.-10:00 a.m.

On Going

Coffee and Breakfast Snacks

Monday-Friday 8:30 a.m. -10:00 a.m.

Enjoy coffee, read the paper, and visit with friends.

Positive Thoughts

Monday-Thursday, 10:15 a.m-10:45 a.m.

Led by center members

Gilbert-Summit Library Activities

Enjoy time with Cam and the adventures he plans

Once monthly, but dates vary so check the center calendar
10:45 a.m.-11:45 a.m.

Lunch

Monday -Friday at noon for those 60 and older

Lunch reservation required by 11:00 a.m. one day in advance.

Birthday Celebrations

Birthdays are celebrated monthly with special treats and recognition of our birthday honorees.

Mission Lexington (formerly LICS)

Usually the third Thursday of the month at 9:45 a.m. (Please call ahead as location and time occasionally vary. Must qualify to participate.) Contact the Center or Mission Lexington for details.

Monday-Friday

9:30 a.m. -2:30 p.m.

Bingo, corn hole, shuffleboard, bowling, table tennis, chair volleyball, puzzles, cards, word search, billiards, brain challenges, ladder ball and other opportunities for fun and friendly competition.

Special Events

Senior Sports Games

October 9-13, 2023

Flu Vaccines

Morgan's Pharmacy

October 23, 2023

9:30 am-10:00 am

Halloween Fun and Festivities

Oct. 31

After lunch time meal

Veteran's Appreciation Day

November 6, 2023, 10:00 am

Fall Picnic

Senior Center

November 7, 2023

Noon

Christmas Holiday Lunch

December 14, 2023

Noon with a visit from Santa and his Elf
(Must be senior center member to attend)

Trips

Tour of WIS-TV Studio Followed by Lunch

October 6, 2023

(Must be senior center member to attend)

Beulah Church

Lunch and Bingo

Tuesday, October 10, 2023 and December 12, 2023

10:00 am– Noon

Trip to Old Mc Caskill's Farm

Farm to Table lunch at the farm

November 17, 2023

Holiday Lights on the River at Saluda Shoals Park

December 1, 2023

Leave Center at 3:30 for early dinner before lights

Frosty the Snowman Ballet

December 8, 2023

Koger Center- followed by lunch

Christmas Angel Ballet performance

December 15, 2023

Harbison Theater- followed by lunch

Center Closed

Veteran's Day- November 10, 2023

Thanksgiving-November 23-24, 2023

Christmas Holidays-December 25-26, 2023

Lexington Senior Center

8:30 a.m.—2:30 p.m.

108 Park Road * Phone: (803) 957-7979 * Director: Annie Mack



Arts & Crafts

October-Fall & Halloween Crafts

November-Thanksgiving Craft

December-Christmas Art

Education

Nutritional Topics

These Nutritional Topics are designed to help seniors understand the benefits of Good Nutrition.

1st Thursday of the Month,
10:30 a.m.- 11:30 a.m.

MSA Hospice/With Christy

First Monday of the Month

10:30 a.m.-11:30 a.m.

Blood Pressure Check

Fitness

Seniorcise with Tony D.

Tuesday 10:00 a.m.– 10:45 a.m.

Classes are for active Senior Center Members only.

Chair Yoga with Staff

10:30 a.m.-11:30 a.m.

Staff will guide center members through Gentle Chair Yoga. Learn the gentle movements of yoga while relaxing the mind. Chair Yoga is performed several times a month. Check Center calendar for dates.

Video Exercise

Friday, 10:30 a.m.-11:30 a.m.

Low impact video led exercises to help keep us active.

Fitness Walking

Monday Thru Friday

Leisure Center Gym opens at
7:00 a.m.

Ongoing

Social Hour

Monday thru Friday,

9:00 a.m. – 10:00 a.m.

Come enjoy coffee while catching up on the latest news.

Lunch

Monday thru Friday at Noon

For those 60 or older can take part in our noon time meal. Must make a reservation by 11:00 a.m. the day before.

Wood Carving with Art

10:30 a.m. – 11:30 a.m.

Every Tuesday

Birthday Celebrations

We have switched up our birthday celebrations a little. Instead of every month we are combining birthdays to quarterly. That way we can have 3 times as much fun.

Daily Games

Monday – Friday 9:00 a.m. – 2:30

p.m. Bingo, Butterbean Auction, Darts, Table Hockey, Beachball Volleyball, Corn Hole, Word Search, Picture Find and anything else we can come up with to have fun and stay active.

Shopping

We take Monthly Shopping Trips.

This gives our Center members a chance to purchase groceries, pick up prescriptions and do a little personal shopping.

Special Events

Lexington County Senior Sports

Games

Monday, October 9th – Friday,
October 13th

All of our seniors enjoy this week.

Join us for a lot of fun and fellowship.

S.C. State Fair

Wednesday, October, 18th

9:30 a.m.-1:00 p.m.

Enjoy all exhibits, food and have fun at our annual State Fair

Halloween Party

Tuesday, October 31st

10:00 a.m.– Noon

We always have a party for Halloween. There will be a costume contest and witches & goblins

Veteran's Day Program

Thursday, November 9th

10:00 a.m.-Noon

Center Veterans will share their stories and we will thank them for their service to our country.

Thanksgiving Celebration

Wednesday, November 22nd

10:00 a.m.-1:00 p.m.

We will have a holiday luncheon with all the trimmings

Christmas Celebration

Thursday, December 21st

10:30 a.m.-12:30 p.m.

We will sing carols & have a few surprises

Lexington Senior Center will be closed on the following dates:

Friday, November 10th -

Veteran's Day

November 23rd & November 24th –

Thanksgiving Holiday

Monday, December 25th and Tuesday
December 26th – Christmas Holiday



Pelion Senior Center

8:30 a.m.—2:30 p.m.

210 Pine Street Drive * Phone: (803) 894-4351 * Director: Laura Dowey

Arts & Crafts

October-Come make a tomato cage witch. 13th 10:00 to noon

November-Make A Christmas wreath. 15th 10:00 to noon

December- Pine Cone Christmas tree. Turn your brown cones into a beautiful tree! 1st 10:00-noon

Education

Nutrition Education

These Nutritional Topics are designed to help seniors understand the benefits of Good Nutrition. 3rd Thursday of the month

Pelion Library-

Last Tuesday of every month. 11:00 a.m.-noon.
Join us for educational topics targeted for seniors.

Fitness

Seniorcize with Tony

Wednesday 10:00 a.m.11:00 a.m.

Seniorcise

Monday, Tuesday Thursday Friday 11:00 a.m. - noon

Fitness Walking

Monday – Friday
Walking Track weather permitting

Ongoing

Social Hour

9:00 a.m. – 10:00 a.m.
Come Enjoy coffee and snacks while catching up on the latest news.

Lunch

Daily at Noon

Those 60 and older can take part in our noontime meal. Must make a reservation by 11:00am a day in advance. For more information please call the Center.

Birthday Celebrations

Birthdays are recognized each month with cake and ice cream.

Daily Games

Monday - Friday, 9:00 a.m. – 2:30 p.m.
Come join our serious card players (Phase 10, Rummy, Kings in the Corner etc.). Also, Play Dominos, Corn Hole, Trash Ball, Bingo and many more games to be enjoyed.

Shopping

We take Monthly Shopping Trips. This gives our Center members a chance to purchase groceries, pick up prescriptions and do a little personal shopping.

Special Events

October 9-13 Senior Sports Games

October 31 – Pelion Senior Center Spooktacular Halloween party

November 16- Thanksgiving Celebration

December 9- Pelion's Christmas Parade

Trips

(Center Participants Only)

October 6-

Midlands Plant and Flower festival,
10:00 a.m. –Noon

November 29-

Lights on the river
7:00 a.m.-10:00 a.m.

December 12-

Bingo at Beulah Methodist Church
10:00 a.m. –Noon



Senior Center Closings

November 10th Veterans Day

November 23rd and 24th Thanksgiving

December 25nd & December 26th Christmas

Pine Ridge –South Congaree Senior Center

8:30 a.m.—2:30 p.m.

1123 Courtney Drive* Phone: (803) 755-1274 * Director: Judy Bonifas

Arts & Crafts

Crafts with staff

Third Tuesday each month
Enjoy making a fun and unique gift

Education

Pine Ridge Pharmacy

Health talk with Pine Ridge
Pharmacy
Second Friday of the month
10:30a.m. to 11:00a.m.

Nutrition Education

Center Staff
First Tuesday of the month
11:00 a.m. to 11:30 a.m.
Nutrition topics that encourage
good eating practices and promote
overall health.

Fitness

Chair Yoga with staff

Every Monday
9:30 a.m. to 10:00 a. m.

Exercise with staff

Every Tuesday, Wednesday and
Friday 9:30a.m. to 10:00a.m.

Seniorcise with Tony Diaz

Every Thursday
11:00 a.m. to 11:45 a.m.

Blood Pressure Checks

Monthly

On Going

Social Hour

Monday thru Friday
8:30 a.m. to 9:30 a.m.
Catch up on the latest news
and enjoy coffee and snacks

Lunch

Monday thru Friday
Noon - 1:00 p.m.
Must be 60 or older
Lunch reservation required by
11:00 a.m. one day in advance

Sing-a-long

Every Tuesday
10:00 a.m. -11:00a.m.

Pine Ridge/S. Congaree Library-

Third Friday of each month
10:00 a.m. - Noon
Enjoy watching a movie.
Popcorn and drinks provided.

Birthday Celebration

Every fourth Monday,
12:30 p.m. to 1:00 p.m.
Celebrate monthly birthdays
with cupcakes and ice cream

Fun & Games

Corn Hole, Dominos, Ping Pong,
Billiards, and other games and ac-
tivities daily

Mission Lexington

Third Monday of each month

Special Events

Monthly shopping trips to
local stores and lunch at a local
restaurant. Check with Center for
dates and times.

St. David's hand bell choir

October 19th

Town of Pine Ridge holiday lunch

December 1st

Senior Center Closings

November 10th Veterans Day

November 23rd and 24th
Thanksgiving

December 25nd & December 26th
Christmas



Swansea Senior Center

8:30 a.m –2:30 p.m.

197 N. Lawrence Ave. * Phone: (803 568-4545 * Director: Becky Pou

Arts and Crafts

Arts and Crafts with Liz

3rd and 4th Wednesday, 10:00 a.m.

Lots of fun and easy projects with an emphasis on recycling, repurposing and reusing.

Universal Yums

4th Thursday, 10:30 a.m.

Take a trip to different countries each month. Learn fun facts, answer trivia and sample a variety of each countries snacks.

Swansea Library

Twice monthly, 10:30 a.m.

Visit's from Swansea library. Informative talk about area events, historical facts, and educational subjects. Check monthly activity calendar for date and time.

Toy Band

1st Thursday, at 10 :00 a.m.

Sing along with your favorite classic Country music. Enjoy the sounds of mainstream and western hits from past decades.

Gaston Family Pharmacy

4th Tuesday, 10:30 a.m.

Variety of topics discussed from health issues to offering expertise in the safe use of over the counter and prescription drugs.

Nutrition Education

1st Monday, at 10:00 a.m.

Nutrition education is an essential component in improving dietary habits and food choices, in order to reverse the under nutrition and improve the nutritional diagnosis. Poor dietary habit and lack of physical activity can be the main reason for poor nutritional status among older adults.

Fitness

Seniorgise with Tony

Monday, 10:00 a.m.

Increase flexibility, muscle strength, and improve overall coordination through low impact exercise.

Chair Yoga

Wednesday and Friday, at 10:00 a.m.

Enjoy lots of fun while improving over all energy, core stability, muscular strength, cardiovascular endurance and motor skills. Perfect for those with mobility or balance issues.

Early Risers

Monday thru Friday,

8:00 a.m. -10:00 a.m. Walking club every morning in Swansea Senior Center gymnasium. Come and enjoying exercising and meeting new friends.

On Going

Social Hour

Monday thru Friday,

9:00 a.m. -10:00 a.m.

Catch up on the news with friends while enjoying a hot cup of coffee.

Brain Teasers

Monday thru Friday,

9:00 a.m.-10:00 a.m.

Variety of puzzles that are in need of thought to solve. It often requires thinking in unconventional ways. These teasers provide mental exercise that help with logical and creative thinking.

Lunch

Lunch for seniors ages 60 or older.

Must be a member of center and make a reservation in advance.

Monthly Activities:

Dominoes daily (Chicken Foot), Bingo, Hootchie Kootchie, Twister, Basketball Toss, Corn Hole, Chair Volleyball, Indoor Putt Putt, Bowling, Darts, Balloon Toss, Card Shark, Concentration, and Popcorn, Art Gallery, Pool, Password, Disc Golf, Football Toss, Card Sharks, Hangman, Ping Pong, and Butter Bean Auction, Black Jack, Roulette and Horse Racing.

Mission Lexington Food Program

Mobile food pantry serving local community. Program is open for general public that meets guideline qualifications.

Senior center will be closed the following holiday:

November 10, 2023, Veteran's Day
November 23 & 24, 2023,
Thanksgiving
December 25 & 26, 2023, Christmas





Tri-City Senior Center

9:00 a.m. –3:00 p.m.

485 Brooks Avenue * Phone: (803) 939-9311* Director: Sarah Laird

Arts & Crafts

Craft Corner with Janet & Susan

First Thursday of the month
10:00 a.m. - 11:15 a.m.
Tap into your inner creativity and join us for a fun filled craft session.

Education

Nutrition Education with Staff

First Tuesday of the month
11:00 a.m. – 11:30 a.m.
Nutritional topics designed to build awareness to preserve good health through healthy eating habits.

Medicine Mart Pharmacy with Nahn

Second Tuesday of the month
10:00 a.m. – 11:00 a.m.
Join the pharmacist for an informative topic relating to health and medication.

True Pharmacy with Tyler Ancona

First Friday of the month
11:00 a.m. – 11:45 a.m.
Health and medication program that helps maintain well-being.

CWC Library with Taylor Collier

Second Thursday of the month
10:00 a.m. – 11:00 a.m.
Enjoy a fun program with the local Cayce-West Columbia librarians and learn something new.

SC House Calls with Olivia Varner

Third Friday of the month
11:00 a.m. – 11:45 a.m.
SC House Calls, a physician group with highly skilled and qualified doctors, NP's, and other array of medical team members. Blood Pressure checks monthly.

Fitness

Seniorgise with Tony Diaz

Friday, 10:00 a.m.– 10:45 a.m.
Class is targeted at improving flexibility, muscle strength and coordination through low impact exercise.

Video Chair Yoga

Tuesday, 10:00a.m- 10:30 a.m.
Yoga combines physical posture, breathing and meditation techniques.

Video Chair Exercise

Monday and Wednesday
10:00 a.m.- 10:45 a.m.
Low impact strength and cardio routines that help build strength. Focus on improving the body, mind and spirit.

Fitness Walking

Gym Track
Monday through Friday
9:00 a.m. - 3:00 p.m.

Ongoing

Social Hour

Daily 9:00 a.m. - 10:00 a.m.
Come enjoy coffee and catch up on the latest news.

Lunch

Daily at noon for those 60 and older.
Reservation required by 11:00 a.m. one day in advance

Birthday Celebration

Birthdays are celebrated monthly with balloons and a special treat.

Games Galore

Monday through Friday
9:30 a.m. - 3:00 p.m.
Bingo, Uno, Phase 10, Apples To Apples, Boggle, Wheel Of Fortune, Corn

Hole, Darts, Word search, Trivia and more. Promote better health by engaging your body and mind in fun and positive activities.

Special Events

Beloved with Mary Burkett

Mary Burkett is a fine artist whose work honors the lives of children and people forgotten by time and history. Mary will be sharing some portraits from Beloved: Children of the Holocaust.

Halloween Monster Mash

Monday, October 30
11:00 a.m. - 11:45 a.m.
It's time for a Halloween costume contest. Come have a spooktacular time at our Monster Mash.

Veterans Day Appreciation

Thursday, November 9
11:15 a.m. – 11:45 a. m.
Join us as we honor all military veterans who have served in the United States Armed Forces.

Tinsel and Ties Holiday Party

Thursday, December 21
10:00 a.m. – 1:00 p.m.
Come to mingle and jingle and have fun with Tri-City and seniors and staff. Wear your tinsel and ties.

Trips

SC State Fair

Monday, October 16
9:30 a.m. - 1:30 p.m.

Senior Center Closings

November 10 – Veterans Day
November 23 & 24, Thanksgiving Day
December 25 & 26, Christmas Day



Lexington County Recreation & Aging Commission
563 South Lake Drive
Lexington, SC 29072



PRSRT STD
US POSTAGE
PAID
Columbia, SC
Permit No. 487



The *Care* They Need. The *Comfort* They Deserve.

Carroll Campbell Place is specially designed for the care, comfort and safety of residents with Alzheimer's and related dementia.