

# Pine Ridge/South Congaree Senior Center — Activity & Program Calendar • Spring 2026

1123 Courtney Dr., West Columbia SC 29172 • 803-755-1274 • Director: Susan Guyton • Assistant Director: Tiffany Ashe

Activity	When	Details
<b>Fitness &amp; Exercise</b>		
Chair Exercise	Wednesday, 9:30–10:00 a.m.	Seated exercise class for all ability levels.
Keeping Your Mind Young	Monday, 10:00–12:00	Brain fitness activities to keep your mind sharp and active.
Sing-A-Long	Tuesday, 10:30–11:30	Fun group sing-along with Pastor Steve.
Geri-Fit with Tony	Thursday, 11:00–12:00	Evidence-based strength training for older adults. Certified Geri-Fit coach.
WII Bowling / Pool	Monday & Tuesday	WII Bowling and pool available for fun and friendly competition.
<b>Daily Games &amp; Activities</b>		
Coffee and Chat	Daily, 8:30–9:15 a.m.	Start the day with coffee and great conversation.
Darts	Tuesday, 10:30–11:00	Friendly darts competition.
Board Games	Tuesday & Monday	A variety of board games for fun and socializing.
Dominoes / UNO	Tuesday, 10:00–12:00	Classic games of Dominoes or UNO.
Corn Hole	Monday	Outdoor-style corn hole fun.
Puzzles	Tuesday, Friday & Monday	Jigsaw and logic puzzles for all skill levels.
Cards	Monday	Card games including various favorites.
Bingo	Wednesday, 10:15–11:30	Classic Bingo with Melanie.
Brain Games	Thursday, 9:30–11:00	Triva Pursuit and brain-challenge activities.
Popcorn Day / Puzzles	Friday, 10:15–11:45	Enjoy popcorn while working on puzzles.
Scattogories	Friday	Fun word and category guessing game.
Chair Volleyball / Ball	Wednesday, 9:30–10:45	Active seated volleyball and ball games.
March Trivia	Wednesday, 11:00–11:45	Monthly trivia challenge.
Butter Bean Auction	Thursday, 9:30–11:00	Fun and lively auction event.
St. Patrick's Day Craft	Wednesday, 10:15–12:00	Holiday-themed craft with Shannon / Melanie.
Sticks, Ball & Basket Fit	Wednesday, 9:30–10:00	Active fitness activity with sticks, balls, and baskets.
<b>Education &amp; Enrichment</b>		
Study w/ Nancy — CR	Monday, 10:30–12:00	Group study and learning session.
Shannon w/ Griswold	Wednesday, 10:30–11:30	Educational and enrichment program.
Pine Ridge Library	Friday, 10:00–11:00	Library visits and educational topics.
<b>Health &amp; Wellness</b>		
Pine Ridge Pharmacy	Friday, 10:00–11:00	Health topics and guidance on safe medication use.
Health Screening / Shot Clinic	Thursday (select dates)	On-site health screenings and vaccination clinics.
Pastor Steve	Tuesday, 11:00–12:00 (3rd Tue)	Inspirational message and pastoral visit.
<b>Special Events &amp; Outings</b>		
South Carolina Military Museum	Friday, 9:00–1:00	Lunch out and visit to the SC Military Museum.
Wal-Mart Shopping	Tuesday, 10:00–11:30	Monthly shopping trip to Wal-Mart.
St. Patrick's Day Celebration	Tuesday, March 17	Center-wide St. Patrick's Day festivities.