



# CLASSIC TIMES



## From Our Director...Lynda Christison

### Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. It is as dangerous as smoking up to 15 cigarettes a day, and an even greater risk than obesity and physical inactivity. Loneliness increases the risk of premature death by 26%.

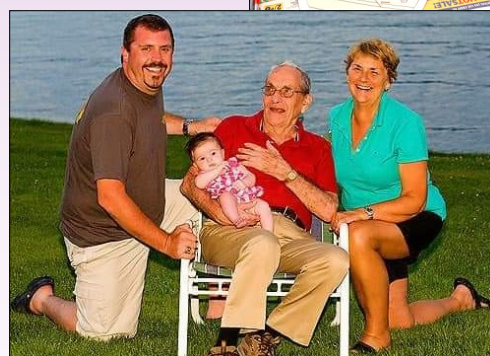
### What can individuals do to connect? How can being a part of LCRAC help you connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community. Get involved with one of our Senior Centers. It's a wonderful way to meet new people and try new activities. If you already attend a Senior Center, try a new activity or participate in one of the many projects the Centers do to support homebound seniors or the community.

- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring. Volunteers are needed both at our Senior Centers and to deliver Meals on Wheels to those unable to attend a Senior Center.

- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors. If you enjoy exploring new places, check out the upcoming Classic Travelers trips inside this issue of Classic Times. Trips are a fabulous way to meet and make new friends. They are also a wonderful way to spend time with a special friend or family member.

Have a wonderful spring and connect with others!!



## 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](mailto:tdiaz@lcrac.com)



## Wellness Center Members...

LCRAC would like to  
thank all our  
volunteers  
and our  
Community  
Champions!

Pictured is Mayor Davis of  
Pine Ridge, SC  
delivering meals

## Wellness Workshops with Tony Diaz

### Combating Cognitive Decline

This hour long interactive workshop is designed to inform and educate older adults about proven techniques used to combat cognitive decline.

10:00 a.m., Friday 4/12/24 at Tri City Senior Center

10:00 a.m., Monday 5/13/24 at Swansea Senior Center

10:00 a.m., Tuesday 6/11/24 at Lexington Senior Center

Across the country this month, Meals on Wheels programs have enlisted elected officials, community influencers and other prominent figures to deliver meals, speak out for seniors and raise awareness for the power of Meals on Wheels.

We would like to thank all of those who have and continue to support Meals on Wheels Lexington County.





## 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. .

**Call (803) 356-5111 for sponsorship options**



If interested in donating this QR code will bring you to the donation page on LCRAC's website....[www.lcrac.com](http://www.lcrac.com)

Donor-



## Classic Travelers

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

### San Antonio, TX

September 7-15, 2024

Classic Travelers is headed to the great state of Texas! Travelers will be enjoying 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)

### Branson Show Extravaganza

December 1-7, 2024

Classic Travelers has its eyes set on a holiday adventure. Join us for 6 fabulous shows in Branson! Trip includes admission to Dalena Ditto's Country Evolution, Doug Gabriel Morning Show, Neil Diamond Tribute Show, The Haygoods Christmas Show, The Hughes Brothers Christmas Shows and The Miracle of Christmas at the Sight & Sound Theater.

Cost: \$980 (double occupancy)

### Hawaiian Cruise with a 2-Night Pre Stay in Beautiful Honolulu

March 6, 2025 – March 15, 2025

Join us for a once-in-a-lifetime adventure to Hawaii! Travelers will start their adventure with a 2 night stay in Honolulu with a guided tour and admission to The USS Arizona Memorial. Travelers will then enjoy 8 day/7 night cruise with Norwegian's Pride of America. For pricing and more information, please contact us today!

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  
 Database Compliance Coordinator.....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.....Patricia Jackson  
 Homecare Tech.....Debra Garrett  
 Homecare Tech.....Virginia Tharp  
 Medical Escort Driver.....Elizabeth Frost  
 Later Life Advocate.....Karen Sundstrom  
 Receptionist.....Minnie Warren



### MEALS ON WHEELS

Drivers needed in the following areas:

- Pelion
- Batesburg/Leesville
- Swansea

Volunteers are the key to our success! Please consider making a difference in the lives of those who need our help today!! If interested

please call Kim Stamm at 803-356-5111 or email:

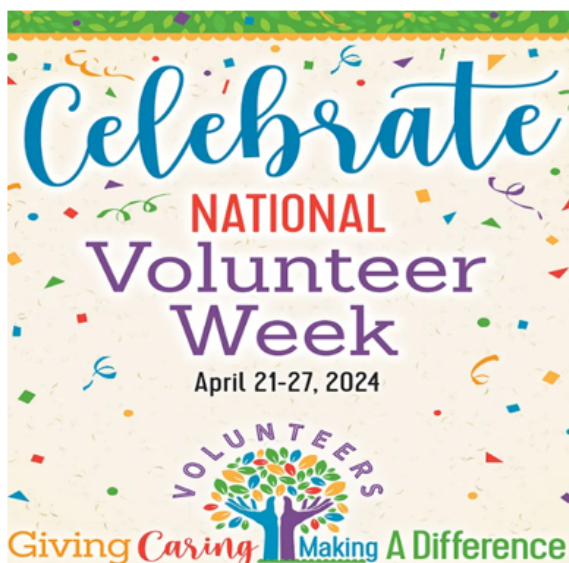
kstamm@lcrac.com

# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

## VOLUNTEERS: GIVING, CARING, AND MAKING A DIFFERENCE



- A shout out to all our amazing volunteers! Your dedication, kindness, and compassion brightens the lives of others. We are so grateful to have volunteers like you and want to express our heartfelt thanks to each and every one of you for all you have done for our Meals on Wheels program.



# BATESBURG - LEESVILLE SENIOR CENTER

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

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

## Arts & Crafts

**April: bird feeders**

**May: painting fun**

**June: summer crafts**

Our projects are fun and easy!

## Education

### Nutrition Education

First Thursday of each month

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

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

### Blood Pressure Screening

First Monday 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 & Thursdays

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

### Seniorcize

With Tony Diaz

Wednesdays,

10:00 a.m. - 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!

### 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, corn hole, Horse shoes, hidden objects, and more available daily.

### Hypertension Management

Tuesdays and Thursdays in April

## Special Events

**March 31st- Easter**

**May 12th- Mother's Day**

**May 27th- Memorial Day**

**June 16th- Father's Day**

## Trips

**Monthly Shopping trips to local area stores. Upcoming trips:**

April- Hamrick's shopping

May- Lexington shopping

June- Healing Springs

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

**Center will be closed on the following dates:**

**Monday, May 27<sup>th</sup>- Memorial Day**

Check with center for monthly updated calendar of events.





# Gilbert Summit Senior Center

8:30 a.m.—2:30 p.m.

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

## Art & Crafts

**April- Posey Pockets**

**May- Pressed Flower Ornaments**

**June- Summer Craft**

## Education

### Nutrition Education

Nutrition Education with Joey Ruff  
First Thursday of the month at  
11:00 a.m.

Nutrition topics that promote a  
healthy lifestyle through good dietary  
practices.

### Health Checks and Education with Christy Taylor, MSA

Monthly Health Education topics  
Fourth Thursday of the month ,  
10:45 a.m.-11:45 a.m.  
BP Check—First Thursday of the  
month 9:00 a.m.-10:00 a.m.

### Fysical Therapy

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

## Fitness

### Fitness Walking

Monday through Friday  
G-S Gym hours: 7:30 a.m.-10:30 a.m.  
(Mon. Weds., Thurs.)  
7:30 a.m.-11:00 a.m. (Tues. and Fri.)

### Video fitness with Nancy Oswald

Monday, 9:30 a.m.-10:15 a.m.  
Nancy leads the group through chair  
exercises.

### Seniorcise with Tony Diaz

Wednesday, 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.

## On Going

### Social Hour

Monday-Friday, 8:30 a.m.-10:00 a.m.  
Enjoy coffee, breakfast snacks, read  
the paper and visit with friends.

### Positive Thoughts

Monday-Friday, 10:15 a.m.-10:45 a.m.  
Daily devotion led by center members

### Gals from Cherokee

April 12<sup>th</sup>, May 10<sup>th</sup> June TBA at  
9:30 a.m. **NEW...** Different things  
planned but always a treat. May be  
crafts, breakfast treats...always fun!

### Music with Ronnie Hoover

First Tuesday of the month at  
11:00 a.m.  
Enjoy listening to songs and music by  
this talented musician and vocalist.

### Gilbert-Summit Library Activities with Cam Bianco

April 15<sup>th</sup>, May 21<sup>st</sup>, June TBA at  
10:45 a.m. - 11:45 a.m.  
Enjoy time with Cam playing games,  
reminiscing, gardening and other  
great adventures he plans.

### Games

Monday-Friday  
9:30 a.m. -2:30 p.m.  
Bingo, corn hole, shuffleboard, bowl-  
ing, table tennis, chair volleyball,  
puzzles, cards, word search, billiards,  
brain challenges, ladder ball and  
other opportunities for fun and  
friendly competition.

### Mission Lexington (formerly LICs)

Usually the third or fourth 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.

## Birthday Celebrations

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

## Lunch

Monday-Friday at noon for those 60  
and older lunch reservation required  
by 11:00 a.m. one day in advance.

## Special Events

### Beulah Church for Bingo and Lunch (every other month activity)

Monday, April 8, 2024 and Tuesday,  
June 11, 2024

### Hypertension Management Program

This 1 hour program consisting of 8  
sessions is every Tuesday and  
Thursday beginning April 2<sup>nd</sup>-25th.  
10:00 a.m.-11:00 a.m.

### Volunteer Appreciation Week

April 22-April 26

### Senior Appreciation Day

May 17, 2024  
Tri-City Senior Center

## Trips

### Edisto Garden

April 5, 2024

### Swan Lake Iris Garden /Iris Festival

May 24, 2024

### Hopeland Gardens

June 7, 2024

**\*\*All activities and trips are for  
Senior Center Participants only.  
Center Closed: Memorial Day,  
Monday, May 27, 2024**



# Lexington Senior Center

8:30 a.m.—2:30 p.m.

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

## Arts & Crafts

**April-Spring Craft**  
**May-Mother's Day Craft**  
**June-Father's Day Craft**

## Education

### Nutritional Topics

These Nutritional Topics are designed to help seniors understand the benefits of Good Nutrition.  
1<sup>st</sup> 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

Tuesday, 10:00 a.m.— 10:45 a.m.  
Classes are for active Senior Center Members only: Must be pre-registered with a current health history and doctor's approval on file. Call center for details on joining center.

### Chair Yoga with Staff

Friday, 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.

### Drum Ball Fit

Thursday, 10:30 a.m.-11:30 a.m.  
We have started a new exercise. It's called Drum Ball Fit. This is a lot of fun and when you're having fun you don't realize you're exercising.

## 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

Every Tuesday,  
10:30 a.m. - 11:30 a.m.  
Every Tuesday

### Daily Games

Monday - Friday,  
9:00 a.m. - 2:30 p.m.  
Bingo, Butterbean Auction, Darts, Table Hockey, Beach ball 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.

## Hypertension Management

Tuesdays and Thursdays in April

## Special Events

### National Volunteer Week

April 22<sup>nd</sup> thru April 26<sup>th</sup>  
A week set aside to honor our volunteers. We could not possibly accomplish what we do without these individuals giving. Their time and effort to help.

### Senior Appreciation Day

Friday, May, 17<sup>th</sup>  
9:30 a.m.-1:00 p.m.  
We are going to Tri-City to have some fun with our seniors

### May 10<sup>th</sup>-Mother's Day Recognition

### May 24<sup>th</sup>- Memorial Day Celebration

### June 14<sup>th</sup>- Father's Day & Flag Day Recognition

## Trips

### Swan Lake, Sumter S.C.

Friday, May 24th  
Irish Festival

[Lexington Senior Center will be closed on the following dates:](#)

### Monday, May 27<sup>th</sup>- Memorial Day





# Pelion Senior Center

8:30 a.m.—2:30 p.m.

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

## Arts & Crafts

**April-Spring Crafts**

**May-Memorial Day Crafts**

**June-Father Day Cards**

## Education

### Nutritional Education

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

### Pelion Library

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

## Fitness

### Seniorcise with Tony

Thursday 10:00 a.m.-11:00 a.m.  
Suggested donations \$1.00 per class

### Exercise

Monday, Tuesday Wednesday  
Friday 11:00- Noon  
Suggested donations \$1.00 per class

### Fitness Walking

Monday – Friday  
Walking Track weather permitting

## Ongoing

### Social Hour

Daily 9:00a.m. – 10:00a.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 11:00 a.m. 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

**April 5 - Pictures**

**May 10 - Mother's Day recognition**

**June 16 - Father's Day recognition**

## April—Hypertension Management

Program meets every Tuesday and Thursday for an hour starting at 10:00. During each of the eight classes participants celebrate their successes and find ways to overcome obstacles.

**April 20 - Our center's volunteer banquet**

**May 17- Senior Appreciation Day at Tri-City**

\*Membership at Pelion Senior Center is required to attend outings.

Center will be closed on the following dates:

**Monday, May 27<sup>th</sup>- Memorial Day**





# 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 Wednesday each month  
Enjoy making a fun and unique gift

## Education

### Pine Ridge Pharmacy

Health talk with Pine Ridge  
Pharmacy  
Second Friday of the month  
10:30 a.m. to 11:00 a.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, 9:30 a.m. to 10:00 a.m.

### Seniorcise with Tony Diaz

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

### Blood Pressure Checks

Monthly  
Check calendar for date and time.

## 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 to 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. to 11:00 a.m.

### Pine Ridge/S. Congaree Library

Third Friday of each month  
10:00 a.m. - Noon  
Enjoy watching a program and  
popcorn. Refreshments will be  
provided.

### Birthday Celebration

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

### Fun & Games

Corn Hole, Dominos, Ping Pong,  
Billiards, and other games and  
activities daily

### Mission Lexington

Third Monday of each month

## Special Events

### Shopping

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

### Hypertension Management

Tuesdays and Thursdays in April

### May 29<sup>th</sup> Summer Kick Off Cookout

### Senior Center Closings

### May 27<sup>th</sup> Memorial Day



# 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

2<sup>nd</sup> Thursday, 10:00 a.m.

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

### April – Easter Craft

### May – Memorial Day Craft

### June – Summer Craft

## Education

### Universal Yums

4<sup>th</sup> Thursday, 10:30 a.m.

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

### Swansea Library

Twice monthly, 10:00 a.m.

Monthly visits from Swansea library. Informative talks about area events, historical facts, and educational subjects. Check monthly activity calendar for date and time.

### 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

1<sup>st</sup> of Month, 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 habits and lack of physical activity can be the main reason for poor nutritional status among older adults.

## Fitness

### Seniortoise with Tony

Monday, 10:00 a.m.

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

### Chair Yoga

Wednesday, 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.

### DrumFit

Friday, at 10:00 a.m.

Designed for Seniors, our program is a great music social that encourages participants of all ability and mobility ranges to socialize and move together for brain and body health.

### Bowling

Wednesdays, at 12:00 p.m.

Come and experience great times as well as improving muscle strength, flexibility, cardio, and stress relief through low impact exercise.

### 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, Darts, Balloon Toss, Card Shark, Concentration, Art Gallery, Pool, Password, Disc Golf, Football Toss, Card Sharks, Hangman, Ping Pong, and Butter Bean Auction, Black Jack, Roulette Horse Racing, and Mexican Train

## Mission Lexington Food Program

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

## Birthday Celebration

Birthdays are celebrate the last day of each month with cake and ice cream.

## Hypertension Management

Tuesdays and Thursdays in April

## Trips

**Mystery Trip** Third week of each month 8:00 a.m.-3:00 p.m.

**Senior center will be closed the following holiday.**

**Memorial Day May 27<sup>,2024</sup>**



# Tri-City Senior Center

9:00 a.m. –3:00 p.m.

485 Brooks Avenue \* Phone: (803) 939-9311\* Director: Susan Guyton

## Arts & Crafts

### Craft Corner with Janet & Susan

Third Thursday of the month  
10:00 a.m. - 11:30 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

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.

## Fysical Therapy

Tuesday, March 11, 2023  
11:00 a.m. - 11:45 a.m.  
Fall risk program and screening with Dr. Amanda Britt, PT, DPT

## Bingo Frauds and Scams Edition

Friday, April 26 and May 17  
11:00 a.m. - 11:45 a.m.  
Protect your money from frauds and scams with Beatrice Fields from the SC Office of the Attorney General.

## Fitness

### Seniortoise 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.

## Hypertension Management

Tuesdays and Thursdays in April

## Special Events

Cayce/West Columbia Library  
First Thursday of the month  
10:00 a.m. - Noon  
Mystery Movie Mornings  
Enjoy some snacks and practice your armchair detective skills with the library.

## Monthly Shopping and Lunch Out

Second Monday of the month  
10:00 a.m. - 1:00 p.m.

## Mission Lexington local food pantry

9:30 a.m.-10:00 a.m.  
March 18<sup>th</sup>  
April 15<sup>th</sup>  
May 20<sup>th</sup>

## Trips

**Bowling** March 12  
Lunch out

## Mystery Trip

Random day of March, April, May

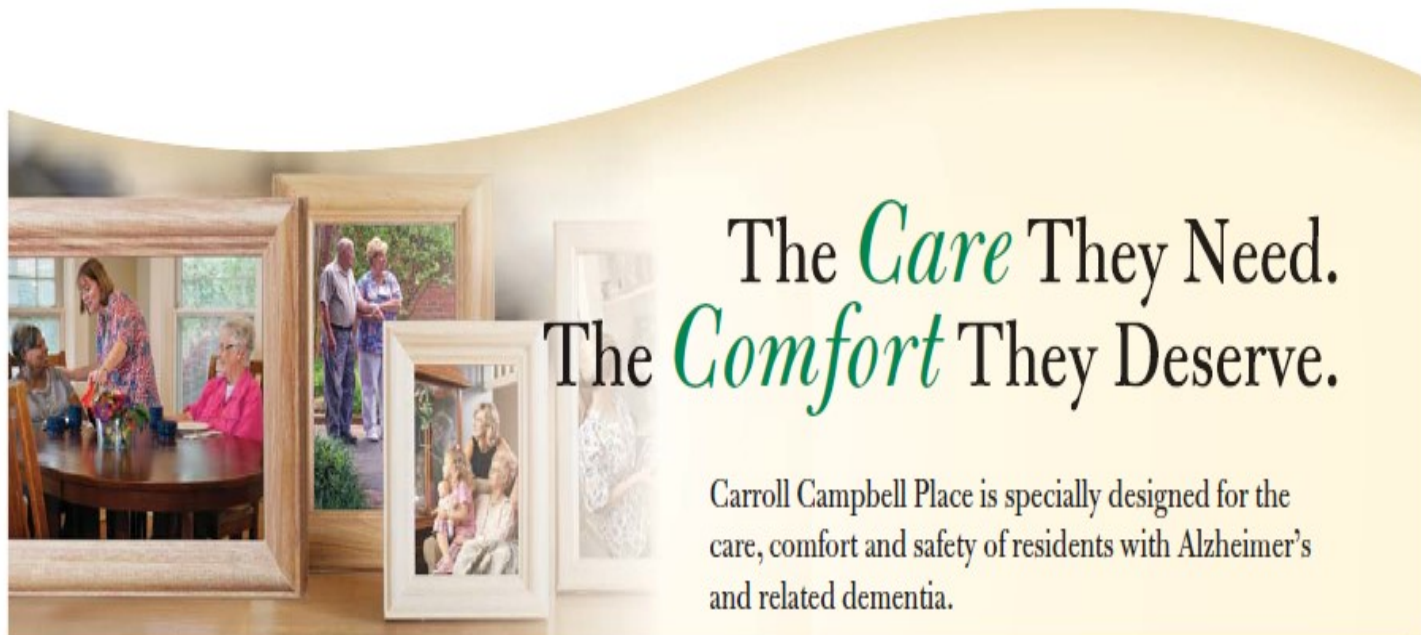
## Senior Center Closings

**May 27<sup>th</sup> Memorial Day**



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

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The *Comfort* They Deserve.

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