


PINE RIDGE/SOUTH CONGAREE

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DR= Dining room PR= Puzzle room CR= Craft room GR= Game room	Education Exercise Trips Celebrations and Center Closings /Special Guest Health screening / shot clinic /Workshops			1 9:00 – 12:00 Popcorn Day
4 10:30 - 11:45 POOL -GR WII BOWLING -GR OR DOMINOS-GR	5 9:30 – 10:15 Tai Chi walking 10:15 -11:30 DARTS – GR 11:30 – 12:00 NURTITION ED –DR	6 9:00 – 1:00 Cayce/West Columbia Library Research for 250 th Birthday of America BE AT THE CENTER BY 8:45 Lunch out	7 10:00 – 11:00 2 TRUTHS AND A LIE 11:00 - 12:00 TONY - DR Seniorcize	8 10:00– 10:45 Games– DR 11:00 – 11:45 REMEMBERING OUR MOTHERS
11 10:30 - 11:45 POOL -GR WII BOWLING -GR OR RING TOSS - GR	12 9:30 – 10:15 Tai Chi walking 10:30 - 11:45 CORN HOLE – GR OR PING PONG -GR	13 10:30 - 11:45 Cayce Farmers market REG - Lunch at the center	14 10:00 - 11:00 JENGO W/ JENNIFER –DR 11:00 - 12:00 TONY - DR Seniorcize	15 9:00 – 1:00 Senior Appreciation Day at Gilbert BE AT THE CENTER BY 8:15 No activities at our center we will be in Gilbert (closed)
18 10:30 - 11:45 POOL -GR WII BOWLING -GR OR RING TOSS	19 9:30- 10:15 Tai Chi walking 10:15 - 11:45 WII BOWLING –GR CARDS – GR OR PUZZLES - PR	20 8:30 – 2:00 South Carolina Confederate Relic Room and Military Museum Cost: \$ 5 per person Plus, Lunch out BE AT THE CENTER BY 8:15	21 10:30 - 11:00 FAMILY FEUD 11:00 - 12:00 TONY - DR Seniorcize	22 10:00 – 11:00 Pharmacy 11:15- 11:45 GAMES
25 CENTER CLOSED MEMORIAL DAY	26 9:30 – 10:15 Tai Chi walking St. David's Hand Bells	27 10:30 – 11:30 Bingo	28 10:00 - 11:00 LEFT, RIGHT, CENTER 11:00 - 12:00 TONY - DR Seniorcize	29 9:30 TO 11:15 SHOPPING WAL-MART REG - Lunch at the center Birthday Celebration

1123 Courtney Dr.
 West Columbia, SC 29172
 803-755-1274

Susan Guyton-
 Director

Tiffany Ashe
 - Assistant Director

Charlotte Holbrook-
 Activities Cord.

Jennifer Hadley-
 Bus Driver

HOURS:
 8:30am - 2:30pm

DAILY ACTIVITIES:

8:30 – 9:15
 COFFEE AND CHAT
 9:30-10:00 EXERCISE-
 DR
 MON: 10:30-12:00
 STUDY W/NANCY- CR

TUE: 10:30 – 11:30
 SING-A-LONG -DR

3RD TUE 11:00 – 12:00
 PASTOR STEVE -DR