

# Swansea Senior Center — Activity & Program Calendar • Spring 2026

197 N. Lawrence St., Swansea SC 29160 • (803) 568-4545 • Director: Helena Glover

Activity	When	Details
<b>Arts &amp; Crafts</b>		
Arts & Crafts	2nd Thursday, 10:00 a.m.	Lots of fun and easy projects with an emphasis on recycling, repurposing, and reusing.
<b>Education &amp; Health</b>		
Swansea Library	1st Tuesday, 10:00 a.m.	Monthly visits from Swansea Library. Informative talks on area events, historical facts, and educational subjects. Check monthly calendar for date and time.
Gaston Family Pharmacy	4th Tuesday, 10:30 a.m.	Variety of health topics discussed including expertise in the safe use of over-the-counter and prescription drugs.
Nutrition Education	1st Tuesday, 9:00 a.m.	Essential nutrition education to improve dietary habits and food choices, helping to reverse under-nutrition and improve nutritional health among older adults.
<b>Entertainment &amp; Music</b>		
Hazel LOVE	4th Monday, 10:00 a.m.	Live entertainment and classic hits performed each month.
Toy Band	1st Thursday, 10:00 a.m.	Classic hits performed live each month.
<b>Fitness</b>		
Geri-Fit with Tony	Mondays, 10:00 a.m.	Increase flexibility, muscle strength, and improve overall coordination through low impact exercise.
Chair Yoga	Wednesdays, 10:00 a.m.	Fun activity improving energy, core stability, muscular strength, cardiovascular endurance, and motor skills. Perfect for those with mobility or balance issues.
Geri-Fit (Social)	Wednesdays, 10:00 a.m.	Designed for seniors — a music social encouraging participants of all ability and mobility ranges to socialize and move together for brain and body health.
On The Move	Mon–Fri, 8:00 a.m.–2:00 p.m.	Walking in the Swansea Senior Center gymnasium. Come enjoy exercising and meeting new friends.
<b>Daily &amp; Ongoing Activities</b>		
Social Hour	Mon–Fri, 9:00–10:00 a.m.	Catch up on the news with friends while enjoying a hot cup of coffee.
Brain Teasers	Mon–Fri, 9:00–10:00 a.m.	Variety of puzzles requiring logical and creative thinking — mental exercise that keeps the mind sharp.
Lunch	Mon–Fri	For seniors ages 60 or older. Must be a center member. Reservation required in advance.
<b>Monthly Activities &amp; Events</b>		
Monthly Games	Monthly	Dominoes (Chicken Foot), Bingo, Hoochie Coochie, Twister, Basketball Toss, Corn Hole, Chair Volleyball, Indoor Putt Putt, Darts, Balloon Toss, Card Shark, Disc Golf, Football Toss, Hangman, Ping Pong, Butter Bean Auction, Black Jack, Roulette, Horse Racing, Mexican Train & more.
Mission Lexington Food Program	3rd Tuesday, 11:00 a.m.	Mobile food pantry serving the local community. Open to the general public that meets guideline qualifications.
Birthday Celebration	4th Friday, 12:00 p.m.	Birthdays celebrated with cake and ice cream. Wishing everyone a day filled with happiness and a year filled with joy!
<b>Center Closings</b>		
Good Friday	Friday, April 3, 2026	Center will be closed.
Memorial Day	Monday, May 25, 2026	Center will be closed.