

Tri-City Senior Center — Activity & Program Calendar • Spring 2026

Check with the monthly calendar for specific events and updates.

Activity	When	Details
Arts & Crafts		
West Columbia-Cayce Library Craft	2nd Thursday, 10:00–11:00 a.m.	Enjoy a fun craft with local librarian Jaishree and learn something new!
Education & Health		
Nutrition Education	1st Tuesday, 11:00–11:30 a.m.	Nutritional topics designed to build awareness and preserve good health through healthy eating habits.
Medicine Mart Pharmacy	2nd Tuesday, 11:00 a.m.–12:00 p.m.	Join pharmacist Jacob for an informative topic relating to health and medication.
Fitness		
Video Chair Exercise	Tue & Thu, 10:00–10:30 a.m.	Low impact strength and cardio routines to help build strength. Focus on improving the body, mind, and spirit.
Geri-Fit	Mon (video) & Fri (instructor-led), 10:00–11:00 a.m.	Evidence-based class to keep you strong and healthy in your golden years. Improves balance, lower body strength, flexibility, muscle strength, and overall coordination through low impact exercise.
Fitness Walking — Indoor Gym Track	Mon–Fri, 8:30 a.m.–2:30 p.m.	Walk at your own pace on the indoor gym track throughout the day.
Daily & Ongoing Activities		
Social Hour	Daily, 9:00–10:00 a.m.	Come enjoy coffee, catch up on the latest news, and play various brain games!
Lunch	Daily at Noon	Available for those 60 and older. Reservation required by 11:00 a.m. one day in advance.
Games Galore	Mon–Fri, 8:30 a.m.–2:30 p.m.	A wide variety of games available throughout the day for fun and friendly competition.
Birthday Celebrations	Monthly	Birthdays celebrated monthly with a special treat.
Local Monthly Shopping Trip	1st Monday, 10:00–11:00 a.m.	Monthly trip to local area stores for groceries, prescriptions, and personal shopping.
Library & Community Programs		
Cayce-West Columbia Library — Mystery Movie Mornings	1st Thursday, 9:30–11:30 a.m.	Enjoy snacks and practice your armchair detective skills at the library. Fun for everyone!
Mission Lexington	Usually 3rd Monday, 9:30–10:30 a.m.	Community outreach program. Must qualify to participate. Check monthly calendar for specific dates.
Trips		
Day Trips	See monthly calendar	Check the center calendar for upcoming day trip destinations. Trips are for senior center participants only. A small transportation fee applies.

Please check the monthly activity calendar for any schedule changes • Trips are for senior center participants only and a small transportation fee applies.