



CLASSIC TIMES



From our Director....Lynda Christison

Have you noticed the early morning crispness? After how horribly hot much of the summer has been, morning walks with my dogs are refreshing instead of exhausting. We all bounce along from sniff location to even more fascinating sniff spots. What activities are you enjoying as the weather cools down? Check out some of the options available at our Senior Centers in this edition of Classic Times and come try something new!

Do you enjoy horseshoes, corn hole, billiards, shuffle board, table tennis, darts or bowling? These and other activities are part of the 2025 Senior Sports Games hosted jointly by Lexington County Recreation & Aging Commission and Irmo-Chapin Recreation Commission October 6th – 10th. If you are 50 or over, come celebrate fall with fun, friendly competition, and great fellowship. Contact Patrick Sippel at 803-356-5111 or psippel@lcrac.com for information.

Medicare Open Enrollment is October 15th – December 7th. During this time you can change to or from regular Medicare or a Medicare Advantage plan. If you have Medicare Part D for prescriptions, you can also switch plans. It is very important to check for coverage changes in your current plan(s) and make sure that starting January 1, 2026 you are in the right plan(s) for you. If you need help figuring out what your best options are, contact the free SC State Health Insurance Program or SHIP at the regional Area Agency on Aging office. Call 803-376-5390, ext. 312 and Ms. Davis and her team will be glad to help. You can also get information at [Medicare.gov](https://www.Medicare.gov). Please give yourself time to do your research and make decisions early.

With Halloween, Thanksgiving, and December holiday shopping occurring during Open Enrollment, it will be easy to miss the deadline, not make the right decision, or not be able to get help. Make dedicating energy to deciding what is right for you a priority and a gift to yourself.

Are you looking for unique holiday gifts? Come find something special at LCRAC's Holiday Craft Show on November 8th at Tri-City Leisure Center, 485 Brooks Avenue from 9a.m. to 3 p.m. Questions? Call 803-939-9309.

Entry to the Craft Show is free with a donation to Lexington County Meals on Wheels' emergency food pantry. The need to provide more of our Meals on Wheels clients with emergency food increases weekly. Please check the "Use By" or "Best By" dates on canned or boxed items being donated. Pet food is also needed. All contributions, people food, pet food or money will be much appreciated!

What do hurricanes, tornadoes, ice storms, and earthquakes have in common? Besides being frightening, they all require being prepared to shelter in place for several days before help arrives and/or having an evacuation plan that includes necessary supplies. Now is a good time to rotate your emergency food and water supplies, make sure you have copies of important papers (including pet vaccination certificates), verifying emergency contact numbers, and adding cold weather gear to your survival stash.



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



Wellness Center Members....

Please visit our
Facebook Page at
Lexington County
Recreation and Aging
Commission
for future information and
updates regarding the
Online Auction.

All proceeds to benefit
Meals on Wheels in
Lexington County.



Wellness Workshops with Tony Diaz

The purpose of this interactive workshop is to inform and educate the senior adult population of Lexington County the importance of oral care and the role it plays in overall health and wellness.

Lexington Senior Center

Tuesday, November 4, 2025,
12:30 p.m.-1:30 p.m.

Gilbert Senior Center

Wednesday, December, 2025,
12:30 p.m.-1:30 p.m.

Swansea Senior Center

Monday, October 13, 2025,
12:30 p.m.-1:30 p.m.



HOLIDAY MADNESS ONLINE AUCTION



NOVEMBER 2025



We need your support.... Meals on Wheels

Use QR Code or donations can be mailed:

Lexington County Recreation & Aging Commission
125 Parker Street, Lexington SC 29072



Classic Travelers

Join us for trips and tours. Geared toward seniors but open to all adults. If you have questions or

would like additional information about one of these trips, please contact us at 803-356-5111.

"A Country Christmas" at Nashville's Opryland Resort **Dec 1-4, 2025**

Join us for a 3 night Christmas getaway at the Fabulous Opryland Resort. Travelers will enjoy The Best of Country Holiday Show at the Nashville Nightlife Theater, The Delta River Flatboat Ride, admission to ICE!, enjoy a show at the Famous "Opry", General Jackson Showboat Luncheon Cruise, and all the festivities of Opryland Resort.

Cost: \$1599 (double occupancy)

Myrtle Beach Holiday Show Trip **December 2-4, 2025**

We are bringing in the holiday season with a short Christmas show trip full of excitement! 4 total shows are included: Legends in Concert, Christmas on the Main, Le Grand Cirque Christmas Special and The Man of a Thousand Voices!

Cost: \$467 (double occupancy)

Washington, DC – Our Nation's Capital **March 6-9, 2026**

Classic Travelers is traveling north to our nation's capital! Join us for a full-day Guided Tour of Washington, DC that will include sights such as the US Capitol, the White House, Embassy Row and the National Archives. We will also see the Washington Monument, Lincoln Memorial, the MLK Jr National Memorial and several War Memorials. The trip will also include a guided tour of Arlington National Cemetery and time to explore the Smithsonian Museum. Give us a call today to find out more information!

Cost: \$645 (double occupancy)

Boston, Salem and Cape Ann **October 14-20, 2026**

A New England adventure awaits! Join us for a full day guided tour of Boston, which includes visits to Boston Common, John Hancock Tower, Trinity Church, Quincy Market and Faneuil Hall Marketplace. The tour will also include visiting the USS Constitution and the John F Kennedy Presidential Library. Also included in our New England adventure will be a guided tour of Lexington and Concord, the birthplace of the American Revolution. We will finish our adventure with a tour of beautiful coastal Massachusetts and a visit to Salem, the site of the infamous Salem Witchcraft Trials.

Cost: \$1055 (double occupancy)

National Parks of America **September 3-14, 2026**

Highlights include...Grand Canyon, Lake Powell, Zion, Bryce Canyon, Jackson Hole, Grand Teton & Yellowstone National Parks, Old Faithful, Buffalo Bill center of the West, Crazy Horse Memorial, and Mount Rushmore. The National Parks of America tour is put together by Collette Tours. For additional information, please contact Patrick Sippel at psippel@lcrac.com or at 803-356-5111.

The Ark Encounter and Creation Museum **November 30- December 4, 2026**

Join us as we visit the life-sized Noah's Ark Experience and a visit the Creation Museum. Christmastime at the Ark features a bonus experience of their "Garden of Lights" display! Stroll through the museum's botanical gardens amid the breathtaking display of thousands of lights. The trip will also include the BB Riverboat's Sightseeing Cruise and the one-of-a-kind, multi-museum complex of the Cincinnati Museum Center.

Cost: \$765 (double occupancy)





Meet Our Staff.....

Director.....Lynda Christison
 Assistant Director.....Mary Beth Ables
 Meals Coordinator.....Anne McCartha
 Operation/Database Coordinator.....Stacey Craps
 Community Development Coordinator.....Patrick Sippel
 Volunteer/Outreach Coord.....Kim Stamm
 Case Management Coordinator.....Cherlyn Garrett-Kee
 I & R Specialist/Receptionist.....Mary Johnson
 Nutrition Choice Coordinator.....Lauren Grabowski
 Case Manager.....Leigh Manley
 Case Manager.....Davetta Pickett-Taylor
 Case Manager.....Tatiana Staley
 Case Management /Program Assistant....Shamay Oware
 Homecare Coordinator.....Luciana Skubinski
 Homecare Tech.....Patricia Jackson
 Homecare Tech.....Debra Garrett
 Homecare Tech.....Virginia Tharp
 Medical Escort Driver.....Phyllis Hesse
 Receptionist.....Mary Johnson

***Thank You
to our Sponsors!!***

2025-2026 Sponsors

Diamond Sponsors Joe's Wish Gold Sponsors Blue Cross Blue Shield Diamond Pet Food Pisgah Evangelical Lutheran Church SC Equipment & Distribution Southeastern Freight Lines Town of Gilbert Town of Summit Windham Service Silver Sponsors 4D Engineering AAA Well Drilling L. A. Barrier and Sons Marwin Company Price's Country Store Rotary Club of Lexington Shealy's Bar B Que Shumpert's IGA Town of Pine Ridge	Bronze Sponsors Batesburg Insurance Agency Corder Pest Control Economy Furniture Honda of Columbia Jan Pro of Columbia Johnson & Associates Oswald Wholesale Lumber School Cuts Screening St. Mark Missionary Baptist Doug and Lynne Trevett Walter P Rawl & Sons Sustaining Sponsors Laurel Baptist Church Ted Stambolitis Friends and Supporters Barnes Oil and Propane Barr Price Funeral Home Boiling Springs Sunshine Club Capital Concrete Gilbert UMC Women's Club
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

2025 Lexington County Senior Sports Games Sponsors



Presented by:



MEALS ON WHEELS DRIVERS

In the following areas:

- o PELION

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



BATESBURG - LEESVILLE SENIOR CENTER

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

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



Arts & Crafts

October- Halloween crafts

November- Thanksgiving crafts

December- Christmas crafts

Our projects are fun and easy!

Education

Local agencies come in and teach how to be a healthier you.

Nutrition Education

First Tuesday of each month

9-10 am

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

Blood Pressure Screening

First Friday of 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 & Thursday's

10 a.m.-11 a.m.

Geri-fit

With Tony Diaz

Wednesdays 10 a.m.-11 a.m.

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

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!

Beulah Church of Gilbert

October 14th & December 9th

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, shuffle board, Horse shoes, hidden objects, and more available daily.

Special Events

October 6th-10th senior games

October 8th-19th SC State fair

Senior Prom

October 17 at Tri-City Senior Center, Time to be determined

October 31st Halloween party

Trips

Monthly Shopping trips to local area stores. Upcoming trips:

October- Hobby Lobby

November- Ollie's

December- Kohl's

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

****Check with center for monthly updated calendar of events. Dates/times are subject to change**

Center Closings

November 11, Veteran's Day

**November 27-28 ,
Thanksgiving Holiday**

**December 25-26,
Christmas Holidays**





Gilbert Summit Senior Center

8:30 a.m.—2:30 p.m.

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

Art & Crafts

October –Primitive Fabric Sunflowers and Mason Jar Lid Pumpkins

November – Thanksgiving Mini Pumpkin Turkey

December-Yarn Angel Ornament

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.
Tuesday, November 18, 2025
10:45 a.m.-11:45 a.m.

Fitness

Fitness Walking

Monday through Friday
G-S Gym hours 7:30 a.m.-10:30 a.m.
(Monday. Wednesday. Thursday)
7:30 a.m. -11:00 a.m.
(Tuesday and Friday)

Video fitness with Nancy Oswald

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

Geri-Fit with Tony Diaz

Weds. 11:00 a.m.-11:45 a.m.
(lead by Tony)
Fridays 10:45 a.m.-11:45 a.m.
(Most Fridays, check the calendar for accuracy) video lead and monitored by a certified Geri-Fit coach.
Geri-Fit is an evidence-based health promotion program designed exclusively

for older adults. Its strength training workouts help to rebuild strength that has been lost thorough the aging process.

On Going

Social Hour

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

Positive Thoughts

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

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

October 21, November 25, December 23
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, bowling, table tennis, chair volleyball, puzzles, cards, word search, billiards, axe throw- ing, brain challenges, ladder ball and oth- er opportunities for fun and friendly com- petition.

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 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 birth- day 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

Senior Expo and Health Fair

October 6 at 9:00 a.m.
Tri-City Leisure Center Gym

Senior Sports Games

October 6-10

Beulah Church

Enjoy bingo and lunch (every other month activity)
October 14 and December 9
10:30 a.m.

Senior Prom

October 17 at Tri-City Senior Center
Time to be determined

Trips

Midlands Fall Plant and Flower Festival

October 3 at the State Farmers Market

Aiken Museum

November 18
Lunch in Aiken

2025 Creche Festival, Mepkin Abbey,

Moncks Corner, S.C
Date to be Announced
Check Center calendar for more details

Center Closings

November 11 Veteran's Day

November 27-28 Thanksgiving Holiday





Lexington Senior Center

8:30 a.m.—2:30 p.m.

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

Arts & Crafts

October-Halloween

November-Thanksgiving

December-Santa Claus

Education

Nutritional Topics

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

1st Thursday of the Month,
10:30 a.m. - 11:30 a.m.

Health Tips

We give tips on general Health Care to help us stay aware of the different changes that occur as you age.

Fitness

Geri Fit

Tuesday & Thursday
10:00 a.m.- 10:45 a.m.

We have started a new exercise program that we will do twice a week on Tuesdays & Thursdays. Geri-Fit is a method of exercise that will keep us strong and healthy well into our golden years. This program you will see an improvement in balance, lower body strength, gait and flexibility.

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 and be a Center Member

Wood Carving with Art

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.

Birthday Celebrations

We celebrate birthdays quarterly. That allows us to have more of a reason to have a party.

Special Events

Flu Shot Clinic with Medicine Mart

Wednesday, October 1st
9:00 a.m.-10:30 a.m.

Senior Sports Games

October 6th thru October 10th
Open to all seniors in Lexington County. Contact Patrick Sippel at 803-356-5111

Senior Prom

October 17 at Tri-City Senior Center, Time to be determined

Halloween

Friday, October 31st
We've invited Bettiejuice. Come dressed in your finest Halloween costume to see who walks away the winner.

Veteran's Day Program

Monday, November 10th
Center Veteran's sharing their stories.

Trips

S.C. State Fair

Wednesday, October 15th

Lexington Senior Center will be closed on the following dates

Tuesday, November 11th - Veterans Day

Thursday, November 27th and Friday, November, November 28th – Thanksgiving

Thursday, December 25th and Friday, December 26th - Christmas

****Must be an active Center Member to participate in activities and trips**

Pelion Senior Center

8:30 a.m.—2:30 p.m.

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



Arts & Crafts

October- Halloween Village

November-Christmas Ornaments

December-Snowflakes

Education

Nutrition Education

These Nutritional Topics are designed to help seniors understand the benefits of Good Nutrition.
3rd Thursday of the month

Pelion Library

Last Tuesday of every month.
11:00 –Noon. Join us for educational topics targeted for seniors.

Fitness

Seniorcize with Tony

Thursday, 10:00 a.m.-11:00 a.m.
Increase flexibility, muscle strength, and improve overall coordination through low-impact exercise.

Exercise

Monday, Tuesday ,Wednesday &Friday 11:00-noon
Increase flexibility, muscle strength, and improve overall coordination through low-impact exercise.



Fitness Walking

Monday – Friday
Walking Track weather permitting

Ongoing

Social Hour

Daily 9:00 a.m. – 10:00 a.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 11:00am 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.
Connect four, Bocce, Balloon Volleyball, Shuffleboard ,Billiard's 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

October 6th-10th - 2025 Senior Sports Games

October 17th-Senior Prom

October 31-Halloween

December 6-Christmas Parade

December 19-Christmas Angel

Trips

See monthly activity calendar for upcoming trips.

Holiday Closings

Veterans Day-November 11

Thanksgiving Holiday-November

Christmas Holidays-December 25 and December 26



Pine Ridge –South Congaree Senior Center

8:30 a.m.—2:30 p.m.

1123 Courtney Drive* Phone: (803) 755-1274 * Director: Susan Guyton



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. - 11:00 a.m.

Nutrition Education

Center Staff

First Tuesday of the month
10:00 a.m. - 10:30 a.m.

Nutrition topics that encourages good eating practices to promote overall health. Check monthly calendars

Fitness

Geri Fit

Tuesdays with a video and
Thursdays with Tony Diaz
11:00 am. - Noon

Chair Yoga with staff

Every Monday,
9:30 a.m. - 10:00 a.m.

Drum Fit

Every Friday,
9:30 a.m. - 10:00 a.m.

Exercise with staff

Every Wednesday and Friday
9:30 a.m. - 10:00 a.m.

On Going

Blood Pressure Checks

Monthly, check monthly activity calendar for date and time.

Social Hour

Monday thru Friday
8:30 a.m. - 9:30 a.m.
Catch up on the latest news and enjoy coffee and snacks.

Lunch

Monday thru Friday ,
Noon - 1:00 p.m.
Must be 60 or older
Lunch reservation required by 11:00a.m. one day in advance

Sing-a-long

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

Pine Ridge/S. Congaree Library-

Third Friday of each month
10:00 a.m.—Noon
See Activity calendar for date and time

Enjoy an activity with popcorn and drinks 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. Check with Center for dates and times.

Senior Sports Games

October 6th thru October 10th
Open to all seniors in Lexington County. Contact Patrick Sippel at 803-356-5111

Senior Prom

October 17 at Tri-City Senior Center, Time to be determined

Senior Center Closings

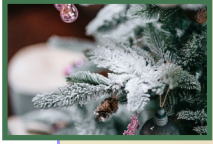
November 11th Veterans Day

November 27th Thanksgiving

November 28th Thanksgiving

December 25th & 26th
Christmas 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

Recycled art

2nd Thursday, 10:00 a.m.

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

Education

Swansea Library

1st Tuesday, 10:00 a.m.

Monthly visit's from Swansea library.
Informative talk about area events,
historical facts, and educational
subjects. Check monthly activity
calendar for date and time.

Toy Band

1st Thursday, 10:00 a.m.

Classic hits performed live each
month.

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

1st Tuesday, 9:00 a.m.

Nutrition education is an essential
component in improving dietary
habits and food choices, in order to
reverse under nutrition and
improve the nutritional diagnosis.
Poor dietary habits and lack of physi-
cal activity can be the main reason for
poor nutritional status among older
adults.

Fitness

Geri Fit with Tony

Mondays, 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.

Geri Fit with staff

Wednesday, at 10:00 a.m.

Design 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.

On The Move

Monday thru Friday,

8:00 a.m. -2:00 p.m.

Walking 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 (Chicken Foot), Bingo,
Hoochie Coochie, Twister, Basketball
Toss, Corn Hole, Chair Volleyball,
Indoor Putt Putt, Darts, Balloon Toss,
Card Shark, Concentration, Art Gal-
lery, Pool, Password, Disc Golf, Foot-
ball Toss, Card Sharks, Hangman, Ping
Pong, and ButterBean Auction, Black
Jack, Roulette, Horse Racing, Mexican
Train

Mission Lexington Food Program

3rd Tuesday, 11 a.m.

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

Birthday Celebration

4th Friday, at Noon

Wishing you a day filled
with happiness and a year filled with
joy! Birthdays are celebrated the with
cake and ice cream.

Special Events

Senior Prom

October 17 at Tri-City Senior Center
Time to be determined

Senior Sports Games

October 6th thru October 10th

Open to all seniors in Lexington
County. Contact Patrick Sippel at
803-356-5111

**Senior center will be closed the
following holidays:**

Tuesday, November 11th, 2025

**Thursday and Friday,
November 27th & 28th, 2025**

**Thursday and Friday,
December 25th & 26th, 2025**



Tri-City Senior Center

9:00 a.m. – 3:00 p.m.

485 Brooks Avenue * Phone: (803) 939-9311 * Director: Stephanie Rogan



Arts & Crafts

West Columbia-Cayce Library

2nd Thursday of the month

10:00 a.m. – 11:00 a.m.

Enjoy a fun craft with the local librarian, Jaishree, and learn something new!

Education

Nutrition Education

1st 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

2nd Tuesday of the month

11:00 a.m. – 12:00 p.m.

Join the pharmacist for an informative topic relating to health and medication.

Frauds & Scams

3rd Friday of the month

11:00 a.m. – 12:00 p.m.

Protect your money from frauds and scams with Beatrice from the SC Office of the Attorney General.

Armchair Travel

3rd Wednesday of the month

Join us once a month as we explore and learn about a different country and try new snacks.

Fitness

Video Chair Exercise

Monday, Tuesday and Thursday

10:00 a.m. - 10:30 a.m.

Low impact strength and cardio routines that help build strength. Focus on improving the body, mind, and spirit.

Drum Ball Fitness

Wednesdays

10:00 a.m. – 10:30 a.m.

Join us for a super fun new exercise program set to music!

Geri-Fit

Tuesdays (video) and Fridays (instructor led)

10:00 a.m. – 11:00 a.m.

Geri-Fit is an evidenced based class that will keep us strong and healthy well into our golden years. With this program you will see an improvement in balance, lower body strength, increased flexibility, muscle strength, and improved overall coordination through low impact exercise.

Fitness Walking

Indoor 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, catch up on the latest news, and play various brain games!

Lunch

Daily at noon for those 60 and older.

Reservation required by

11:00 a.m. one day in advance.

Shopping

Local Monthly Shopping Trip First

Monday of the month

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

Birthday Celebrations

Birthdays are celebrated monthly with a special treat.

Games Galore

Monday through Friday

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

Cayce-West Columbia Library

1st Thursday of the month

9:30 a.m. – 11:30 a.m.

Mystery Movie Mornings

Enjoy some snacks and practice your armchair detective skills at the library.

Mission Lexington

Usually the 3rd Monday of the month.

9:30 a.m.-10:30 a.m.

Must qualify to participate.

**Check with the monthly calendar for specific events.

Special Events

Senior Prom

October 17 at Tri-City Senior Center

Time to be determined

Senior Sports Games

October 6th thru October 10th

Open to all seniors in Lexington County. Contact Patrick Sippel at 803-356-5111

Trips

See center calendar for future day trips.

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

Tri-City Senior Center will be closed on the following dates:

November 11th – Veterans Day

November 27th & 28th –

Thanksgiving

December 25th & 26th –Christmas





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

PRSRT STD
US POSTAGE
PAID
Columbia, SC
Permit No. 487



The *Care* They Need. The *Comfort* They Deserve.

Carroll Campbell Place is specially designed for the care, comfort and safety of residents with Alzheimer's and related dementia.