



# JANUARY 2022

Dr. T. K. Gregg Community Center

650 Howard St.

Spartanburg, SC 29303

Recreation Assistant: Linda Askari



## SCOA Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>Closed</b> <b>New Year's Holiday</b>	4 8:30—Coffee Chat 9:00—Line Dancing 9:30—Games 11:00—Lunch 12:00—Arthritis Exercise	5 8:30—Coffee Chat 9:00—Advisory Meeting 10:00—Charades 11:00—Lunch 12:00—Ballerina Steps with Sheila	6 8:30—Coffee Chat 9:30—Dr. Rector (New Trinity) 10:30—Walking 11:00—Lunch 12:00—Arthritis Exercise	7 9:00—Coffee Chat 9:30—Mabrys' Anniversary Celebration 10:00—Dance Party 11:00—Lunch 12:00—Chair Exercise	8
9	10 8:30—Coffee Chat 9:30—Open Mic 🎤 10:30—Bingo 11:00—Lunch 12:00—Dance Party	11 8:30—Coffee Chat 9:00—Pastor Pierre Salmon (St. Paul) 10:00—Bowling (Downstairs) 11:00—Lunch 12:00—Arthritis Exercise	12 8:30—Coffee Chat 9:30—Games 10:00—Bingo with First Responders 11:00—Lunch 12:00—Chair Exercise	13 8:30—Coffee Chat 9:00—Bingo 10:00—COVID Discussion with Nurse Practitioner Sharika Talford 11:00—Lunch 12:00—Arthritis Exercise	14 9:00—Coffee Chat 9:30—Letters to Students at Cleveland Academy (5th Graders) 10:45—Honoring Dr. King 11:00—Lunch 12:00—Freestyle Dancing	15
16	17 <b>Closed</b> <b>Rev. Dr. Martin Luther King Jr. Day</b>	18 8:30—Coffee Chat 9:30—Walking 10:00—Word Search 11:00—Lunch 12:00—Arthritis Exercise	19 8:30—Coffee Chat 9:00—Bingo 10:30—Word Puzzles 11:00—Lunch 12:00—Musical Chairs	20 8:30—Coffee Chat 9:30—Pastor Henry Kerns (Gold Hill Baptist) 10:15—Meditation 11:00—Lunch 12:00—Arthritis Exercise	21 9:00—Coffee Chat 9:30—Sing-A-Long 10:30—Trivia 11:00—Lunch 12:00—Music Therapy: The Blues	22
23	24 8:30—Coffee Chat 9:30—Word Search 10:30—Nutrition Education 11:00—Lunch 12:00—Chair Exercise	25 8:30—Coffee Chat 9:00—Pastor Pierre Salmon (St. Paul) 9:30—Bingo 11:00—Lunch 12:00—Arthritis Exercise	26 8:30—Coffee Chat 9:00—Walking 10:00—Arts & Crafts with First Responders 11:00—Lunch 12:00—Chair Exercise	27 8:30—Coffee Chat 9:30—Dr. Rector (New Trinity) 10:30—Walking 11:00—Lunch 12:00—Arthritis Exercise	28 9:00—Coffee Chat 9:30—Games 10:30—Walking 11:00—Lunch 12:00—Chair Exercise	29
30	31 8:30—Coffee Chat 9:30—Open Mic 10:30—Word Search 11:00—Lunch 12:00—Bingo					

*All activities are subject to change.*