

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee & Chat Bingocize #1 Craft Lunch Sloppy Joe Bingo	2 Coffee & Chat Exercise Bible Study Lunch Turkey Salad Bingo	3 Coffee & Chat Exercise Nutrition Oak Street Health Lunch Chicken Bingo	4 Coffee & Chat Bingocize #2 Weather Prepared Lunch Beef, Rice and Tomatoe Bingo	
6	7 Coffee & Chat Exercise Labor Day Lunch Bingo 	8 Coffee & Chat Bingocize #3 Craft Lunch Meatballs Bingo	9 Coffee & Chat Exercise Bible Study Lunch Tuna or Ham Bingo	10 Coffee & Chat Exercise Favorite Football Team Lunch Ch Bingo 	11 Coffee & Chat Bingocize #4 Patriot Day Lunch Steak Bingo 	12
13 	14 Coffee & Chat Exercise Brain & Health Lunch Salisbury Steak Bingo	15 Coffee & Chat Bingocize #5 Craft Lunch Chicken Patty Bingo	16 Coffee & Chat Exercise Bible Study Lunch Slice Ham Bingo	17 Coffee & Chat Exercise Audrey Piano Lunch Chicken Bingo	18 Coffee & Chat Bingocize #6 Name That Tune Lunch Hamburger Bingo	19
20	21 Coffee & Chat Exercise Fall Prevention Lunch Meatballs Bingo	22 Coffee & Chat Bingocize #7 Craft Lunch Hai Bingo 	23 Coffee & Chat Exercise Bible Study Lunch Chicken Salad Bingo	24 Coffee & Chat Exercise Ring Toss Lunch Chicken Bingo	25 Coffee & Chat Bingocize #8 Spin The Wheel Lunch Spaghetti Bingo	26
27 	28 Coffee & Chat Exercise Football Toss Lunch Meatloaf Bingo Holly Patrick	29 Coffee & Chat Bingocize #9 Craft Lunch Sloppy Joe Bingo	30 Coffee & Chat Exercise Bible Study Lunch Turkey S Bingo 			

Calendar events are subject to change. If you would like more information on our Senior Centers or any of our programs, please call 803-285-6956

TOUCH DOWN TRAIL MIX

Ingredients:

- 3 cups Chex cereal
- 2 cups mini pretzels
- 2 cups popcorn
- 1 cup chocolate candies
- 1 cup dried fruit
- 1 cup nuts or seeds (optional)

Directions:

Mix everything together in a bowl and enjoy!



Easy Home Modifications TO PREVENT FALLS

Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.



Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.



Prime
Time
Senior
Center