Assisted and Independent Living Life Enrichment Program

September 24, 2022 – September 30, 2022

	Saturday, September 24, 2022	
12:00	Clemson vs Wake Forest	Media Room
12:00	Lunch & Listen- The Music of Ron Holland- Gospel Music	Tapp Dining Room
6:30	A Night at the Movies: *Top Gun: Maverick*- After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it	Channel 1390
7:30	**South Carolina Gamecocks vs Charlotte 49ers- ESPN+ *Ap on TV***	**Media Room**
	Sunday, September 25, 2022	
1:30	Shandon Presbyterian Church Service	Channel 1390
1:30	Campus Beautification with the Presbyterian Churches and Nancy	Rose Courtyard
4:00	Vespers with Rev. Emily Mooneyhan	Chapel
	Monday, September 26, 2022 Happy Birthday, Art West!	
Visits with Chi Chi!		
10:00	Holy Casseroly Ministry	Activity Craft Room
10:30	Tai Chi with Rob McCue	Wellness Center
1:30	Rev. Chris Denny's Bible Study	Tapp Dining Room
****3:15	Saints Alive Choir- New Members Welcome (Note Time)	Chapel
3:00	Seated Stretch (Chair Yoga)	Wellness Center
6:30	Quiddler	Tapp Dining Room
	Tuesday, September 27, 2022	
8:30	Cardio Lite	Wellness Center
9:30	Visit the SC State Museum	Portico
10:00	Move n' Groove	1st Floor B-Wing
10:30	Trivia with Bill Hutson	Library
11:15	HIIT	Wellness Center
11:30	Brain Training	Wellness Center
2:15	Bingo with St. Peter's Catholic Church	Tapp Dining Room
3:30	Ted Talks- The Surprising Science of Happiness and What You Can Do to Prevent Alzheimer's	Media Room
6:30	Card Sharks Poker	Tapp Dining Room

Contact Life Enrichment
Director: Amy McCormack
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THE COLUMBIA PRESBYTERIAN COMMUNITY
Presbyterian Communities of South Carolina

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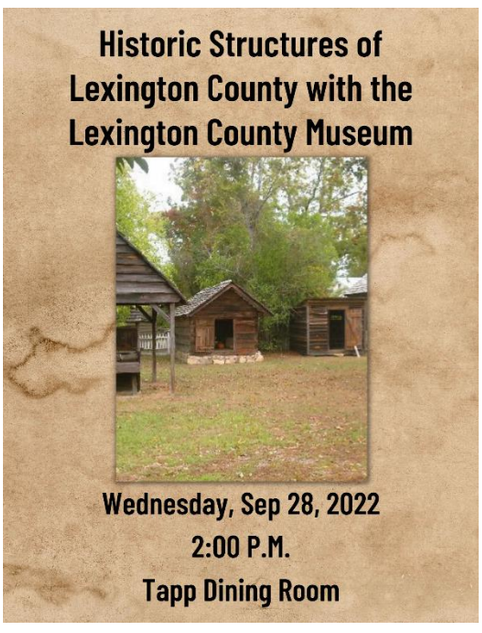
	Wednesday, September 28, 2022	
10:00	Happy Hookers Sewing Ministry	Activity Craft Room
10:15	Visits with Pentu the dog	
10:30	Scenic Cycle-Arrive a few minutes early for equipment placement. Limit 5	Media Room
11:00	Devotional with Robin West	Library
2:00	Wii Bowling	Front Lobby
2:00	**Historic Structures of Lexington County with the Lexington County Museum**	**Tapp Dining Room**
3:00	Seated Stretch (Chair Yoga)	Wellness Center
6:15	Wine Down Wednesday- Parlor Games	Front Lobby
	Thursday, September 29, 2022 **Happy Birthday, Julie Smoak!**	
Visits with Chi Chi!		
10:30	Mixed Media Art Journaling	Activity Craft Room
2:00	Yoga	Wellness Center
3:00	Strong, Stretched, and Balanced	Wellness Center
3:30	Autumn Cocktails and Share Session- Bring Items to Share or Written Works	Narthex
	Friday, September 30, 2022	
Visits with Matilda the Therapy Bunny!		
10:00	Games with Reather	1st Floor B-Wing
10:00	Prayer Walk (Resident Led)	Boardwalk
2:00	Wii Bowling	Front Lobby
2:00	Pillow Stuffing for the Troops	Tapp Dining Room
2:00	Seated Strength	Wellness Center
3:00	PCSC Players' Rehearsal	Chapel

Color Key:
Green: Wellness Program
Red: Channel 1390



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