

# Dorchester Seniors, Inc.



**JUNE 2023**

**FAITH SELLERS SENIOR CENTER**  
312 NORTH LAUREL ST.  
SUMMERVILLE, SC 29483  
PHONE: 843-871-5053  
HOURS: M-F 8:30 AM - 5:00 PM

**DAVID SOJOURNER SENIOR CENTER**  
5361 EAST JIM BILTON BLVD.  
ST. GEORGE, SC 29477  
PHONE: 843-563-3709  
HOURS: M-F 8:30 AM - 4:30 PM

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[WWW.DORCHESTERSENIORS.COM](#)

# CENTER INFORMATION

## MESSAGE FROM

Leigh Thomson– *Executive Director*



## STAFF

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#### **CARLA GRUBER**

Membership & Volunteer Coordinator  
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Hello everyone. I wanted to thank everyone who supported our Spring Gala. Between sponsors, silent auction items, raffle baskets and attendees, the event was a special evening had by all. Both centers have many fun events planned ranging from the return of popular pickle ball, Father's Day celebrations, and a 5 Wishes Workshop which is a wonderful program for every parent. We have some amazing speakers who are a wealth of knowledge and have many talents to share. I hope you look at the calendars monthly and pick events that interest you and possibly bring a friend who also might enjoy. Membership to the center is always free to those who live in Dorchester County.

Every June each center serves as a Farmer's Market Voucher distribution site. These vouchers are a great way for residents to visit approved local farmer's markets with vouchers valued at \$50 to purchase fresh produce. This is a wonderful way for us to partner with the community and share what our centers have to offer. Look for more information and requirements inside this newsletter.

On Saturday June 24<sup>th</sup> a sponsored health fair will take place at Faith Sellers Senior Center and it is open to the community. Please stop by, bring some friends and get up to date on your health screenings.

We look forward to seeing you at our centers joining in our activities, enjoying the fitness centers, and volunteering.

## **ABOUT DSI**

Dorchester Seniors, Inc. is a private, Non-Profit 501(c)3 organization established in 1980 by the Dorchester County Council. DSI provides services for the senior population and is governed by a volunteer Board of Directors.

Dorchester Seniors, Inc. mission is to provide opportunities to all senior citizens of Dorchester County to enhance their educational, mental, social, spiritual and physical well-being.

To achieve this goal, DSI works cooperatively with community agencies and organizations through advocacy for senior citizens and interagency coordination including outreach, assessing needs and planning actions.

# IMPORTANT INFORMATION



Dorchester Seniors, Inc.

## Thank You to our 2023 Spring Gala Fundraiser Sponsors



### Azalea Level

J and J Enterprises  
Debbie Jones  
Voyage Financial Partners

### Magnolia Level

First National Bank of SC  
Herman and Harriet Holman  
Leviner Law Firm

### Tulip Level

All is Well  
The Blossom Shop  
Karen & Robert Caison III  
Gregory Carter  
Cinemark Movie 8  
Donovan's Custom Framing  
Edible Arrangements  
Grayco Hardware & Home  
Grow Financial  
Hanebrink Jewelers  
Hutto Ace Hardware  
Kima Garten-Schmidt  
Legend Oaks Country Club

Lisa's Southern Catering  
McElveen Buick GMC  
No Bull Mattress  
Palmetto Flats  
Pine Forest Country Club  
Southern Cosmetic Laser  
Summerville Country Club  
Sweetwater 123  
The Rabbit Hole  
This Little Piggy  
Frank Thomas  
United Community Bank  
Emily Watts  
Wildcat Senior Living

Special thanks to Emcee Rob Fowler, DJ Charles Doctor, Carolina Seniors Line Dancers, the DSI Staff and Board who made this event possible.

Offering personal banking and financial services.  
We proudly support the Dorchester County Seniors!

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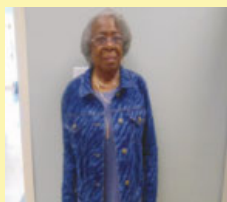
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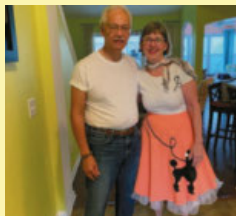
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## St. George June Member Spotlight Friezella Heath

- **How long have you been a member?** I have been a member for about 12 years. When I was able I volunteered, helping to deliver home homebound meals..
- **What type of work did you enjoy doing?** I worked for a doctor when I lived up north and after returning to my hometown of Harleyville, I worked for Disability and Special Needs.
- **What do you like about coming to the center?** I like to socialize with all the people here. I enjoy bingo and volleyball.
- **What are your hobbies?** I enjoy cooking and working with the flowers in my yard.



## Summerville Volunteer Spotlight Gil & Jan Berenguer

**Length of Time as Volunteer:** 9 Years

**What areas do you volunteer in at the Faith Sellers Senior Center?** The Meal Portioning and Home Delivered Meal Program

**Your hobbies and interests:** “We love Ballroom dancing, and traveling, anything outdoors, like swimming, biking and hiking”.

**Your Favorite Food:** “That's hard when you have a daughter that is a chef!, Some of our favorites are Brisket, and our daughters lemon blueberry pound cake, and homemade ice cream. Yum!”

# DSI NEWS

## DSI Service Programs

### Home Delivered Meals

Dietitian approved nutritious meals served to homebound seniors weekdays, excluding holidays.

### Congregate Group Dining

Dietitian approved nutritious meals served in a group setting to seniors weekdays, excluding holidays.

### Center Transportation

Provided through DSI vehicles to and from each DSI senior center. Allows seniors to participate in activities and congregate meal program.

Service programs are available at no cost to persons 60 years and older who qualify based on an assessment process.

If you would like to receive Services from DSI, please call Ivory M. Harrison at 843-830-5839 for more information.



### DSI Membership Fees:

Dorchester County Residents	<b>\$ No Charge</b>
Out-of-County Residents	<b>\$ 24 year</b>

*The annual membership is open to anyone 50 years of age or older. This membership **does not** include access to the 50+ Fit Program (extra \$20 charge per month). The above fees can be paid either in-person or online.*

You can pick up a Membership Application from the Membership Coordinator at either DSI Senior Center location or complete a Membership Application online via the DSI website at [www.dorchesterseniors.com](http://www.dorchesterseniors.com).

There are numerous ways, and many good reasons to get involved with the Dorchester Seniors Inc. We invite you to get to know us and our vibrant community of active seniors.

# VOLUNTEERS NEEDED

## WHY VOLUNTEER?

People choose to volunteer for a variety of reasons. For some, it offers the chance to give back and make a difference in the community. For others, it provides the opportunity to be social, learn new skills and gain experience.



For more information, contact our Volunteer Coordinators at:

Carla Gruber- St. George  
(843)834-7740  
CGruber@dorchesterseniors.com

April Jacobs-Jones- Summerville  
(843)871-5053  
AJacobs@dorchesterseniors.com

If you get a call from someone claiming to be from Medicare, or working on behalf of Medicare, it's a scam!

## MEDICARE WILL NOT CALL TO OFFER YOU:

- o Test kits
- o Vaccines
- o Miracle cures
- o A plastic card
- o A chipped card



If you have gotten a call and given out your information. Call 877.808.2468 or email info@smpresource.org.

## WE'RE HIRING!



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www.4lpi.com/careers



**Beverly Blanton**  
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LCMedicareSimplified@gmail.com

**L.C.M.S.**

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# EXERCISE & WELLNESS CLASSES

## WALKING CLUB

**Tuesdays & Thursdays,  
9:00am – 10:00am  
10:00am - 11:00am**

Walking Club Group meets in Doty Park. Laps/ mileage will be maintained & recorded by group leader. Ongoing incentives for members who cumulatively reach 10, 25 & 50 miles.



## BEGINNER LINE DANCING (FAITH SELLERS SENIOR CENTER) Wednesdays, 11:30am-12:30pm

Put on your dancing shoes & join us for this **FUN** beginner line dancing class!

## CLOGGING (FAITH SELLERS SENIOR CENTER) Fridays, 12:30pm - 3:00pm

Line dancing, move over. Clogging is the next level of Fun! Wear tap shoes, jingle-tap clogging shoes, or smooth-soled shoes that don't grip the floor. Beginner & intermediate level.

# 50+ FIT EXERCISE CLASSES

**DSI 50+ Fit costs \$20 per month & include all classes listed below.**

**You must be a member of the DSI 50+ Fit program to participate. Visit Faith Sellers Senior Center front desk to sign up.**

## WEIGHT TRAINING

**Mondays & Wednesdays, 8:15am - 9:05am  
9:15am - 10:05am**

A weight workout designed to increase muscular endurance & bone density, while strengthening and toning your total body. A chair is available for standing support. Please bring a mat, towel, 3lb. weights and water. *Instructor: Cathy Lawter*

## YOGA

**Mondays & Wednesdays, 10:20am - 11:05am**

Revitalize your body, relax your mind, increase energy, & reduce stress. Please bring a mat, towel, and water. *Instructor: Marlene Cuggy*

## AEROBICS

**Tuesdays & Thursdays, 8:15am - 9:05am  
9:15am - 10:05am**

Get up and move with an aerobics class that's safe, heart-healthy, and gentle on the joints. A chair is available for standing support. Please bring a mat, towel, and water. *Instructor: Cathy Lawter*

## TAI CHI FOR HEALTH

**Tuesdays, 2:30pm - 3:30pm**

Proven to improve muscular strength, flexibility, balance, posture, and stamina, as well as lowering blood pressure and strengthening the immune system. *Instructor: Maurice Olfus*

## CARDIO STRENGTH

**Fridays (1st, 2nd & 4th weeks), 8:30am - 9:20am**

Combination of low impact aerobic exercises, dumbbell exercises and body weight exercises to improve cardiovascular health, muscular strength and endurance.

*Instructor: Cathy Lawter*

## LINE DANCING

**Tuesdays, Wednesdays, Thursdays, 1:00pm - 2:00pm**

Boot Scoot, Cupid Shuffle or Electric Slide into this **FUN** dancing class!  
*Instructor: Evelyn Ward.*

### **Advance Line Dancing Placement Guidelines**

#### **Steps/Terms to Know:**

- Step Touch
- Shuffle/Triple Step
- Rock Step/Rock Recover
- Jazz Box
- Grapevine right & left
- Quarter Turn
- Half Turn
- Skate Step
- Syncopation
- Count & Rhythm

#### **Dances to Know:**

- Electric Slide
- Cupid Shuffle
- Two Step
- Ah Si

For questions or concerns see Beth, Center Manager.

## ZUMBA® GOLD

**Mondays, 11:30AM - 12:30PM**

**Fridays, 9:30am - 10:30am**

Zumba® Gold is less intense with dance routines designed for beginners and older adults. *Instructor: Donna Ottone*

*Donna Ottone*



# FAITH SELLERS SENIOR CENTER HIGHLIGHTS



## PICKLE BALL IS BACK!

**Thursday June 1st 2:00pm**

We will launch pickleball with a meeting and then the fun begins. Join us on Tuesdays and Thursdays at 2pm and join in on all the fun.



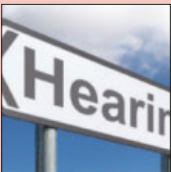
## GOOD MORNING SUMMERVILLE

**Monday mornings at 9:30am** join Momi for coffee with whip cream. She will be discussing local events as well as weekly center activities. Don't miss it!



## FARMER'S MARKET VOUCHERS

**Monday June 5th 11:30-3, Friday June 9th 10-3, and Monday June 12th 11:30-3.** Dorchester County residents that are 60 years of age or older of may apply at the center.



## BELTONE HEARING

**Tuesday June 6th 10:00am-12:00pm**

Don't let hearing loss ruin your social life. Take back your Life! Sign up at the Front desk now!



## REVELUTIONARY WAR REINACTMENT

**Wednesday June 7th 11:00am-12:00pm**

Back in time with Mr. Erick Nason. Find out what life was like for a soldier during the Revolutionary War.



## VETERAN'S SERVICES

**Friday June 9th 10:00am-11:00am**

Thank you for your services Veterans! Ashley w/ The Veteran Affairs Office will be here to give you updates on services for veterans.



## ADULT PROTECTIVE SERVICES

**Tuesday June 13th 10:00am-11:00am**

Every human deserves respect and honor. Mr. Russell Rich of Adult Protective Services will be joining us to assist with signs of abuse and alternative pathways.



## GWENS GOLDEN KEYS

**Wednesday June 14th 11:00am-12:00pm**

Come sing along with melodies from sweeter days gone by ! Gwenn Greenwalt is a skilled musician who delights in sharing her gift of music.



**CALL SC DHEC TO SCHEDULE  
YOUR COVID VACCINE APPOINTMENT  
855-472-3432**

Brought to you by: Trident Area Agency on Aging

# SUMMERVILLE CALENDAR OF EVENTS — JUNE 2023


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>National Skin care Month</p> <p><b>National Surf Music Month</b></p> <p>National Sweet Tea Month</p>		<p><b>1</b> 9a-11a Walking Club</p> <p>10a-11a Rug Hooking</p> <p>10a-11a <b>Skin care demonstration w/Arial Parker</b></p> <p>10a-11a Conversational Spanish</p> <p>10:30 Bible Study</p> <p>11:30-12 <b>Choir Practice</b></p> <p>1p-3:30p Woodcarving</p>	<p><b>2</b></p> <p>8:30a-2p Pinochle</p> <p>10a-12p Crochet/Needlework</p> <p>9:45a-11a <b>Trip to “2nd Chance “Thrift Shop \$</b></p> <p>11a-12p Cornhole</p> <p>12:30p-3p Clogging</p>
<p><b>5</b></p> <p>8:30a-2p Hand &amp; Foot Canasta</p> <p><b>9a-10a Good Morning Summerville</b></p> <p>10a-11a Celebrate Life</p> <p>10a-11a Chair Fitness w/ Donna</p> <p>11a-12p Wii Games</p> <p><b>11:30a-3:p Farmer’s Market Voucher Distribution</b></p>	<p><b>6</b></p> <p>9a-11a Walking Club</p> <p><b>10a-11a Conversational Spanish</b></p> <p>10-12p <b>Beltone Hearing Presentation &amp; Screening</b></p> <p>11a-12p Cornhole</p> <p>1p-3p Int. Quilting</p> <p>2p-4p Open crafts</p> <p><b>2p-4p Pickle Ball</b></p>	<p><b>7</b></p> <p>10a-11a <b>Bingo w/ Ian</b></p> <p><b>11a-12p Revolutionary War Reenactment w/ Erick Nason</b></p> <p><b>11a-11:45a Bookmobile</b></p> <p>11:30a-12:30p Beginner Line Dance</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p>	<p><b>8</b></p> <p>9a-11a Walking Club</p> <p>10a-11a Rug Hooking</p> <p>10a-11a <b>“5 Wishes Workshop” w/ Kim Perrigo of Gentiva</b></p> <p><b>10a-11a Conversational Spanish</b></p> <p>10:30a-11:30a Bible Study</p> <p>11:30a-12p <b>Choir Practice</b></p> <p>1p-3:30p Woodcarving</p>	<p><b>9</b></p> <p>8:30a-2p Pinochle</p> <p>10a-12p Crochet/Needlework</p> <p>9:45a-10:30a Gentle Exercise W/ Cathy</p> <p>10a-3p <b>Farmer’s Market Voucher Distribution</b></p> <p><b>10a-12p Veteran’s Services w/ Ashley of Dor. Co. Vet. Services</b></p> <p>11a-12p Cornhole</p>
<p><b>12</b></p> <p>8:30a-2p Hand &amp; Foot/ Canasta</p> <p><b>9a-10a Good Morning Summerville</b></p> <p>10a –11a Celebrate Life</p> <p><b>11:00 The Seasoned Singers Performing</b></p> <p><b>11:30-3:00 Farmers Market Voucher Distribution</b></p> <p>12p-3p Dominoes</p>	<p><b>13</b></p> <p>9a-11a Walking Club</p> <p><b>10a-11a Russell Rich w/ Adult Protective Services</b></p> <p><b>10a-11a Conversational Spanish</b></p> <p>11a-12p Cornhole</p> <p>1p-3p Intermediate Quilting</p> <p>2p-4p Open Crafts</p> <p><b>2p-4p Pickle Ball</b></p>	<p><b>14</b></p> <p><b>10a-11a Bingo w/ Melissa of Cypress Place</b></p> <p><b>11a-12p Gwen’s Golden keys</b></p> <p>11:30a-12:30p Beg. Line Dance</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p>	<p><b>15</b></p> <p>9a-11:15a Walking Club</p> <p><b>10a-11a Conversational Spanish</b></p> <p><b>9:45a –12p Walmart Trip</b></p> <p>10a-11a Rug Hooking</p> <p>10:30a-11:30a Bible Study</p> <p>11a-12p Wii</p> <p>1p-3:30p Woodcarving</p> <p><b>2p-4p Pickle Ball</b></p>	<p><b>16</b></p> <p>8:30a-2p Pinochle</p> <p><b>10a-11a Just Good Enough Band</b></p> <p><b>11a-12p Father’s Day Party</b></p> <p>10a-12p Crochet/Needlework</p> <p>11a-12p Cornhole</p> <p>12:30p-3p Clogging</p>



# SUMMERVILLE CALENDAR OF EVENTS — JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b> 8:30a-9:30a Hand & Foot/Canasta 9a-10a GM Summerville 10a-11a Celebrate Life <b>11a-12p Sweet Tea Tasting &amp; Juneteenth Party</b> 11a-12p The Seasoned Singers	<b>20</b> 9a-11a Walking Club <b>10a-11a Singing by Angie Smith</b> <b>10a-11a Conversational Spanish</b> <b>11a-12p Wii Games</b> 11a-12p Cornhole 1p-3p Intermediate Quilting 2p-4p Open Crafts <b>2p-4p Pickle Ball</b>	<b>21</b> <b>10a-11a Bingo w/ Helen of Murphy's Law Firm &amp; Presentation</b> 11:30-12:30p Beg. Line Dance <b>11:30a-12p Calling all Actors</b> 1p-4p Bridge 1p-3p Mahjong	<b>22</b> 9a-11a Walking Club 10a-11a Rug Hooking 10a 11p Pictionary <b>10a-11a Conversational Spanish</b> 10:30a-11:30a Bible Study 11:30-12p <b>Choir Practice</b> 1p-3:30p Wood Carving <b>2p-4p Pickle Ball</b>	<b>23</b> 8:30a-2p Pinochle 10a-12p Crochet/Needlework 9:45a-10:30a Gentle Fitness 11a-12p Cornhole 11a-12p Mind Challenge 12:30p-3p Clogging
<b>26</b> 8:30a-9:30a Hand & Foot/Canasta 9a-10a GM Summerville 10a-11a Celebrate Life 11a-12p The Seasoned Singers 12p-3p Dominos	<b>27</b> 10a-11a Walking Club <b>10a-11a "Life Happens" w/ Simply Seniors</b> <b>10a-11a Conversational Spanish</b> 11a-12p Cornhole 1p-3p Intermediate Quilting <b>2p-4p Pickle Ball</b>	<b>28</b> <b>10a-11a Bingo w/ Ashley</b> <b>11a-12p Gwen's Golden Keys</b> 11:30a-12:30p Beginner Line Dance 1p-4p Bridge 1p-3p Mahjong	<b>29</b> 9a-11a Walking Club 10a-11a Rug Hooking 10a 11p Wii 10a-11a Conversational Spanish 10:30a-11:30a Bible Study 11:30a-12p <b>Choir Practice</b> 1p-3:30p Wood Carving <b>2p-4p Pickle Ball</b>	<b>30</b> 8:30a-2p Pinochle 10a-12p Crochet/Needlework 10a-11a Jeopardy w/ Kristina 11a-12p Cornhole 12a-12:30p June Birthday Celebration

## COMMUNITY CORNER



**Artist Paige Nelson**

For 17 years, Ms. Paige has worked as a decorative painter and muralist. Her studio is now in The Public Works Art Center located in Summerville, SC.

In what's becoming her signature medium, she crafts three-dimensional pieces that challenge the confines of a frame.

Each piece starts with yesterday's news, strips of re-purposed paper Paige recycles into art.



**Health Fair**  
**June 24th, 2023**  
**9:00am - 1:00pm**

- Open to the community
- Tell a friend to tell a friend

**GIVEAWAY**

Get regular health screenings

# COMMUNITY CORNER



**David Sojourner Senior Center  
Volunteer Appreciation Paint Party**



**World Grits Festival Parade**

# DAVID SOJOURNER SENIOR CENTER HIGHLIGHTS



## CRAFTING WITH LINDSEY

June 15th, 10:00am-12:00pm  
Put brush to canvas and have fun painting with Lindsey on a beautiful picture to take home.



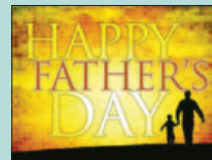
## TOGETHER IN FAITH

Every Wednesday 11:00am-12:00pm  
Join us for bible study. Everyone welcome.



## BINGO

June 8th & 12th 11:00am-12:00pm  
June 16th 10:30am-12:00pm  
June 29th 11:00am-12:00pm  
Come play bingo for sponsored prizes.



## FATHER'S DAY CELEBRATION

June 19th, 10:00am-11:00am  
Join us to celebrate all of our Wonderful Fathers in the center! Help show them appreciation for all the wonderful things they have done for us!



## FITNESS CLASSES

Sit & fit June 6th 10:00 am-11:00am  
Zumba Gold June 13th & 27th 1:00pm-2:00pm  
Virtual Fitness Class June 30th 10:00am-11:00am  
Get fit and have fun.



## FARMERS MARKET VOUCHERS

June 20th & 22nd, 8:30am-12:00pm  
Must be Dorchester County residents and 60 years of age or older, may apply at the center.



## TECH HELP

June 1st, 8th, 15th, 22nd & 29th 2:00pm-3:00pm  
Do you need help with your tablet, phone, or computer? We want to help you.



## JUNETEENTH COMMEMORATION

June 19th, 11:00am-12:00pm  
Come commemorate the emancipation of enslaved people in the United States.

CARING LIVE-IN MANAGERS • MONTH-TO-MONTH RENT  
RESTAURANT-STYLE DINING WITH 3 MEALS A DAY



Summerville Estates  
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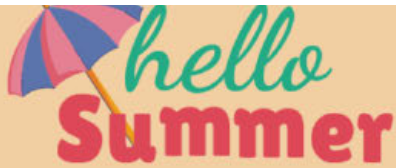
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# ST. GEORGE CALENDAR OF EVENTS — JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	<b><u>Memberships are free for Dorchester County residents 50 or older. All others are \$24 per year.</u></b>	<b>Private Pay Meal is \$5 to reserve or cancel a meal, call nutrition support 843-834-8423 By 1p.m</b>	1 10a-11a Skipbo 11a-12p Corn Hole 1p-2p Open Crafting 2p-3p Tech Help	2 10a-12p Name That Tune 11a-12p Spa Day 1p-4p Crochet Class
5 10a-11a Tally Hoop 11a-12p Indoor Volley Ball 1p-2p Adult Coloring 2p-4p Open Crafting	6 10a-11a Sit and Fit Salsa 11a-12p Horse Shoes 1p-2p Dominos 2p-4p Open Crafting	7 10a-11a Solve The Riddle 11a-12p Together in Faith 1p-4p Crochet Class	8 10a-11a Hot Potato <b>11a-12p Bingo w/ Christina</b> 1p-2p Open Crafting 2p-3p Tech Help	9 <b>10a-12p Movie and Pop Corn Day</b> 11a-12p Game Land 1p-4p Crochet Class 2p-3p Book Club
12 <b>10a-11a Bingo w/ Kim Perrigo of Gentiva</b> 1p-2p Crossword Surprise 2p-4p Open Crafting	13 10a-11a Tally Hoop 11a-12p Giant Spoons 1p-2p Zumba Gold 2p-4p Open Crafting	14 10a-11a Modified Baseball 11a-12p Together in Faith 1p-4p Crochet Class	15 10a-12p Crafting w/ Lindsey 11a-12p National Sea Turtle Day 1p-2p Open Crafting 2p-3p Tech Help	16 <b>10:30a-12p Bingo w/ Lin Shuman of Intrepid Hospice</b> 1p-4p Crochet Class 2p-4p Guy's Club
19 <b>10a-12p Fathers Day Celebration</b> <b>11a-12p Juneteenth Commemoration</b> 2p-4p Open Crafting	20  <b>8:30a-12p Farmer's Market Vouchers</b> 10a-12p Open Game Day 1p-2p Dominos 2p-4p Open Crafting	21  <b>10:00 Library Pop-Up Book Sale</b> 10a-11a Chair Travel 11a-12p Together in Faith 1p-4p Crochet Class	22  <b>8:30a-12p Farmer's Market Vouchers</b> 10a-12p Open Game Day 1p-2p Open Crafting 2p-3p Tech Help	23 <b>10a-12p Movie and Popcorn Day</b> <b>12:00 June Birthday Celebration</b> 1p-4p Crochet Class
26 10a-11a Ladder ball 11a-12p Sling Shot 1p-2p Jeopardy 2p-4p Open Crafting	27 <b>10a-11a Fall Prevention w/ Michelle Houck</b> 11a-12p Giant Spoons 1p-2p Zumba Gold 2p-4p Open Crafting	28 10a-11a Modified Baseball 11a-12p Together in Faith 1p-4p Crochet Class	29 10a-11a Family Feud 11a-12p Bingo 1p-2p Open Crafting 2p-3p Tech Help	30 <b>10a-12p Virtual Fitness w/ Angie Primus</b> 11a-12p Game Land 1p-4p Crochet Class 2p-3p Book Club



## hello Summer

V	K	B	F	N	J	F	D	J	O	G	F	L	N	S	P	V	F	A	T
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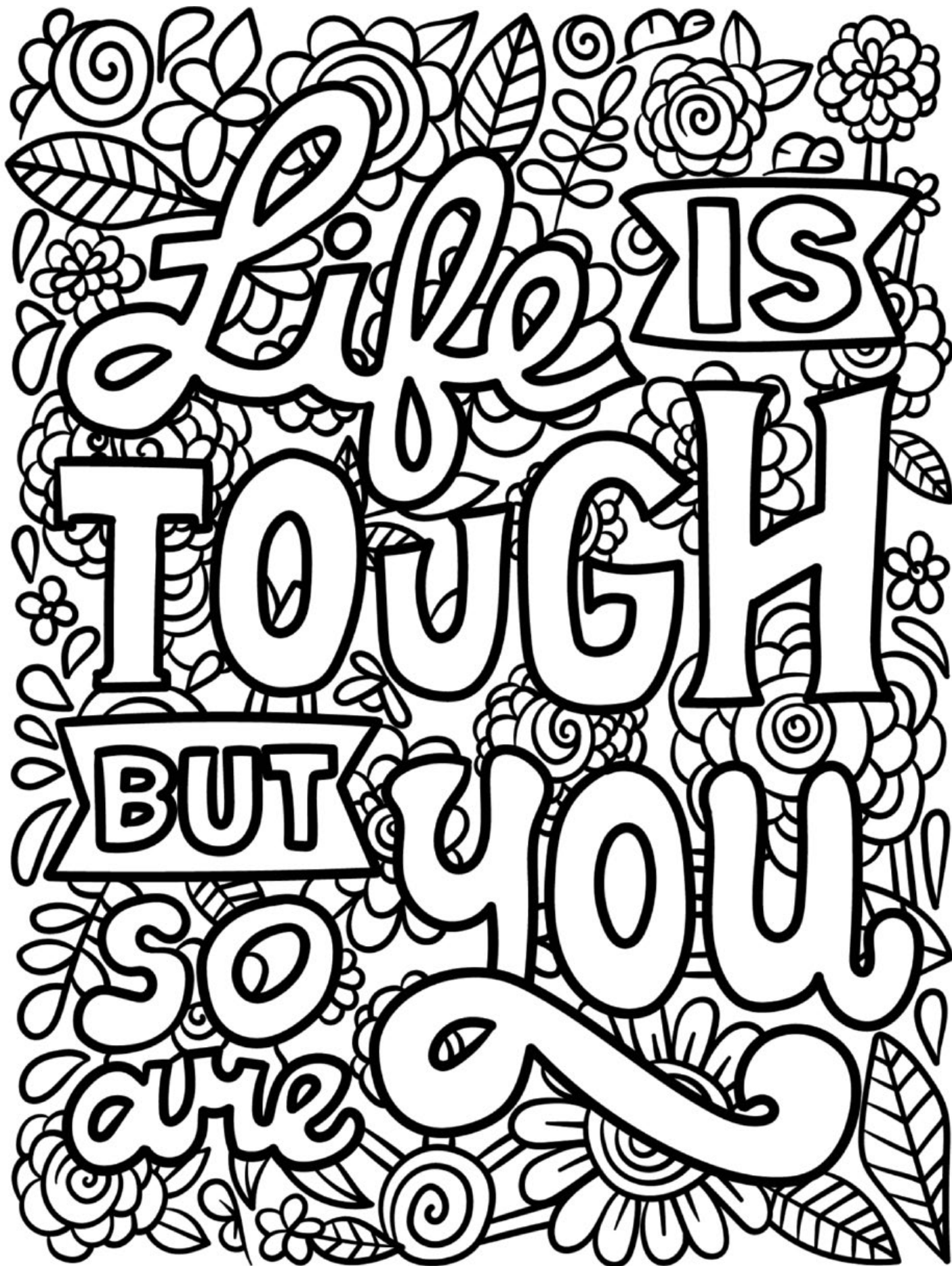
fishing poles  
suntan lotion  
sunglasses  
families

seagulls  
fisherman  
shovel  
coolers

towels  
chairs  
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# LUNCH MENU — June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk served daily; bread or roll on most days	<b>Private Pay individuals may purchase a meal for \$5.</b>	<b>Reservations are requested to be made by 1:00pm, 1-day in advance of lunch visit by calling Ivory at (843) 830-5839 (Summerville) or Lindsey at (843) 834-8423 (St. George).</b>	1 BBQ Chicken Leg & Thigh June Peas Potato Salad Stewed Apples & Raisins	2 Tuna Salad Three Bean Salad Strawberries and Sliced Bananas Fresh Orange
5 Meatballs in Brown Gravy Okra & Tomatoes Mixed Fruit Juice Brown Rice Pineapple Tidbits	6 Spaghetti in Meat Sauce Buttered Carrots Green Limas Pears 	7 Chicken Salad Cucumbers & Tomatoes in Ranch Dressing Pickled Beets & Onions Banana	8 BBQ Pulled Pork Mixed Baked Beans Coleslaw Hamburger Bun Apple Crisp	9 Smothered Chicken Leg & Thigh Mashed Potatoes Collards Cornbread Fresh Apple
12 Meat Loaf w/ Brown Gravy Broccoli w/ Cheese Mashed Potatoes Sugar Cookies	13 Chicken Bog Orange Glazed Carrots Tropical Fruit June Peas 	14 Sloppy Joes Green Beans Sweet Potato Patties Hamburger Bun Vanilla Pudding	15 Oven Fried Chicken Okra & Tomatoes White Limas Pineapple Tidbits & Mandarins 	16 Turkey Salad Marinated Slaw Banana Strawberry Fruited Gelatin
19 Turkey Breast w/ BBQ Sauce Green Limas Buttered Corn Fig Bar 	20 Country Style Steak in Gravy Mashed Potatoes Collards Cornbread Pineapple Tidbits	21 Breaded Chicken Patty Vegetable Mix Steamed Cabbage Fruit Cocktail	22 Meatballs in Red Sauce Black-eyed Peas Broccoli Salad w/ Ranch Dressing Pear Crisp	23 Herb Baked Chicken Leg & Thigh Sweet Potatoes Coleslaw Spiced Peaches
26 Macaroni & Cheese Buttered Carrots Green Limas Lime Pear Gelatin	27 Chargrilled Hamburger w/ Onions Buttered Corn Green Beans Peaches 	28 Ham White Limas Turnip Greens Cornbread Banana	29 BBQ Chicken Leg & Thigh June Peas Potato Salad Stewed Apples & Raisins	30 Tuna Salad Three Bean Salad Strawberries and Sliced Bananas Fresh Orange