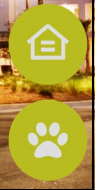


SEPTEMBER 2022



901 Portside Drive
Myrtle Beach, South Carolina 29572
843-595-8150
www.portsidegrandedunes.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	2 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip (Walmart) 2:00 Fancy Nails (Nail Care) 5:00 Meditation & Reflection 6:00 Board Game Of Choice	3 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Chair Volleyball 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
4 SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Bible Study 3:30 Chair Fitness 5:30 Front Porch Reminisce	5 Labor Day SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 2:00 Baking with Ty & Mo 5:00 Front Porch Reminisce 7:00 Book Club	6 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	7 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	8 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	9 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip (Family Dollar) 2:00 Fancy Nails (Nail Care) 5:00 Meditation & Reflection 6:00 Board Game Of Choice	10 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Chair Volleyball 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
11 Grandparent's Day SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Share Your Joyful Moment Of Being A Grandparent 3:30 Chair Fitness	12 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 2:00 Sundae's On A Monday 3:30 Front Porch Reminisce 5:30 Book Club	13 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour / Joyful Moments With Milestone Memories 6:00 Sit And Stretch 7:00 Musical Memories	14 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 1:30 Bible Study 3:30 Bean Bag Toss 5:00 Front Porch Reminisce / What Colors Brings You Joy Today?	15 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 1:30 Finish Phrases 3:00 Happy Hour/ Picnic (Joyful Moment Enjoying Nature) 6:00 Sit And Stretch	16 SO 9:30 Morning Meeting 10:00 Decades Dance Party (Joyful Moments Through Music) 12:30 Shopping Trip (Publix) 2:00 Fancy Nails (Nail Care) 5:00 Meditation & Reflection 6:00 Board Game Of Choice	17 Citizenship Day SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Chair Volleyball 2:30 Joyful Moment Slideshow 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
18 SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Share Your Joyful Moment Of Being A Grandparent 3:30 Chair Fitness	19 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	20 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	21 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	22 Fall Begins SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	23 Native American Day SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip (Dollar General) 2:00 Fancy Nails (Nail Care) 5:00 Meditation & Reflection 6:00 Board Game Of Choice	24 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Chair Volleyball 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
25 Rosh Hashanah Begins SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Share Your Joyful Moment Of Being A Grandparent 3:30 Chair Fitness	26 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	27 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	28 SO 9:30 Morning Meeting 10:00 Move and Groove 12:30 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	29 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Trivia 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	30 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip (Walmart) 2:00 Fancy Nails (Nail Care) 5:00 Meditation & Reflection 6:00 Board Game Of Choice	

Events are Subject to Change.