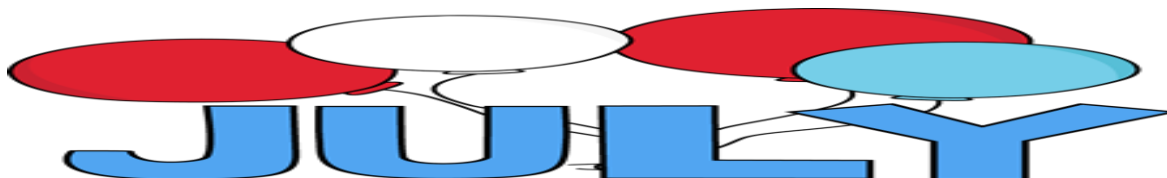




Parks
&
Recreation



Parkway S.A.I.L Center
1600 Boykin Boulevard
251-471-2503

Mon	Tue	Wed	Thu	Fri
S.A.I.L. Calendar Senior Activities of Independent Living				
2 9:30 One Mile Walk/Mr. Willie 10:00 am BINGO Fire Drill	3 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Creative Writing With <i>Mrs. Judy Gammage</i>	4 CENTER CLOSED Independence Day	5 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Life Lessons/ Mr. Glover 11:30-12:00 MOBILE BOOKMOBILE	6 9:30 am One Mile Walk/ Mr. Willie 10:00 am Mrs. Kim Carter Kindred Home Care
9 9:30 One Mile Walk/Mr. Willie 10:00 am BINGO	10 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Creative Writing With <i>Mrs. Judy Gammage</i>	11 9:00-9:25 Play on the Piano 9:30 am One Mile Walk/Mr. Willie Arts and Crafts	12 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Life Lessons/ Mr. Glover Kim Smith/Springhill	13 9:30 am One Mile Walk/ Mr. Willie 10:00 am BINGO
16 9:30 One Mile Walk/Mr. Willie 10:00 am Ms. Jennifer Skeel Cigna Healthspring	17 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Creative Writing With <i>Mrs. Judy Gammage</i>	18 9:30 am One Mile Walk/ Mr. Willie 9:30 am Red Hatters in Office Judy Burnham /South America Trip	19 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Life Lessons/ Mr. Glover 12 noon Dominoes	20 9:30 am One Mile Walk/ Mr. Willie 10:00 am BINGO
23 9:30 One Mile Walk/Mr. Willie 10:00 am BINGO 8:30 am – 3:00 pm Welcome Quilters Guild	24 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Creative Writing With <i>Mrs. Judy Gammage</i> <i>News/Weather</i>	25 9:30 am One Mile Walk/ Mr. Willie 9:30 am Red Hatters in Office 10:00 am Judy Burnham/South America Trip	26 9:15 am Let's Try Something New YOGA For Seniors With (Jane Adams) Gentle-Effective MOBILE BOOKMOBILE	27 CENTER CLOSED Trip to Cracker Barrel Old Country Store – 43 East 1-65 Service Rd.
30 9:30 One Mile Walk/Mr. Willie 10:00 am BINGO 8:30 am – 1:00 pm Game Room Open	31 9:15 am Chair Exercise /Mrs. Jones 10 :00 am Creative Writing With <i>Mrs. Judy Gammage</i> Dominoes	1	2	3

Manager: Freda Mitchell

Hours of Operation: 9:00am-1:00pm

Transportation and Meal Delivery Available