

# Northwest Community Center

Spartanburg Parks and Recreation's 50+ Wellness program supports activities and free lunch for individuals from 9am-Noon each weekday.



Emilie  
Tinker  
2020  
Sociology



Mayson Liner  
2019  
English



Mary Claire  
Kinna  
2020  
Psychology &  
French



It's your world.

Some workshops are in the big community room that has 9 large tables and holds up to 50 people!



I WRITE TO EASE MY  
THOUGHTS TO  
WH  
AR  
IntergenerationalConnections  
INTERACTIONS TO IMPROVE LIVES  
THINK MY SENSES  
YET WHEN I TRY TO REMEMBER

Haiku:

*I am getting old*  
5 syllables

*This Month I will be 56*  
7 syllables

*Life is Beautiful*  
5 syllables

## Example Discussions and Activities

Coloring mandalas (bottom middle)

Would you rather...?

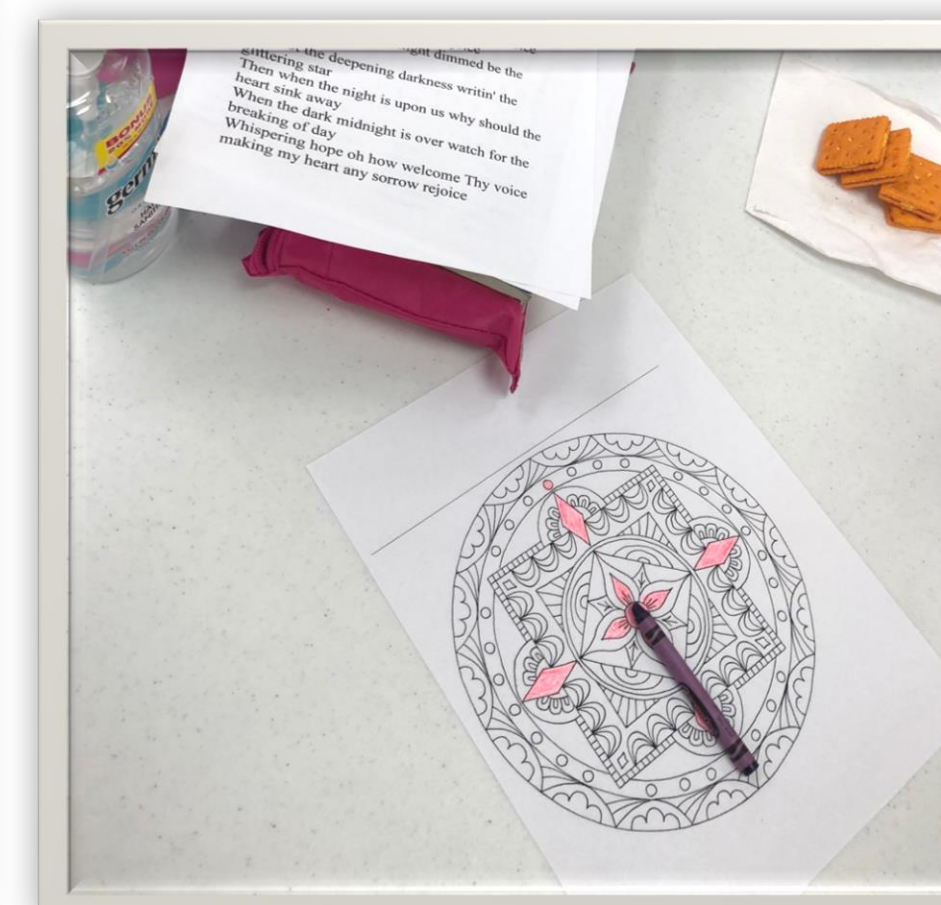
Who is your hero? (below right)

We are thankful for....

Haiku poems (to left)

Music and how it defies boundaries

*I see a World*



Martin Luther King & Coretta  
She was humble, she was behind her husband.  
to the end. Her style was neat. When he died  
she came out, and started speaking out.

