

McKissick Center for Senior Wellness—Activity Calendar—February 2018

349 Edgemont Avenue Liberty SC 8:30 AM-2:30 PM 864.855.3770--Marsha Robertson, Program Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 2/1 Wilton G. 2/5 Judy M. 2/10 Michael P.	 make a new friend this month!	1 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot 11:30-12:30 Lunch*	2 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Senior Moments Michael Goldston 11:30-12:30 Lunch*
5 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	6 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	7 February Craft 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	8 February Craft 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot 11:30-12:30 Lunch*	9 8:30 Coffee/Open Activities 9-10 Exercise 10-11 Bingo 11-11:30 Senior Moments 11:30-12:30 Lunch*
12 Acts of Kindness Week 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	13 Mardis Gras 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	14 Valentine's Day 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-Valentine Celebration 10:30-11:30 Bingo 11:30-12:30 Lunch*	15 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot 11:30-12:30 Lunch*	16 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Senior Moments 11:30-12:30 Lunch*
19 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	20 Birthday Celebration 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	21 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	22 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot 11:30-12:30 Lunch*	23 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 Senior Moments Michael Goldston 11:30-12:30 Lunch*
26 8:30 Coffee/Open Activities 9-10 Exercise 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	27 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11 Bingo 11-11:30 Mae's Music 11:30-12:30 Lunch*	28 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11-11:30 My Nutritional Health 11:30-12:30 Lunch*	*Reservations are required for lunch. See Program Coordinator (Marsha) to make reservation.	Billiards Daily 8:30-11:30 AM/12:30-2:30PM

