

McKissick Center for Senior Wellness—Activity Calendar—October 2018

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

	*Reservations are required for lunch. See Marsha for reservations	 10/1 Frank W 10/3 Fred J 10/8 Judy R 10/9 Helen R 10/12 Doris C 10/14 Renee K 10/20 Linda B 10/26 Lynn B 10/27 Jerry T		Billiards Daily 8:30-11:30 AM and 12:30-2:30PM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	2 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:15 Bingo 11:30-12:30 Lunch*	3 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	4 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Games 11:30-12:30 Lunch*	5 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*
8 Birthday Celebration 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	9 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:15 Bingo 11:30-12:30 Lunch*	10 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11:00 Fall Prevention Session 11:30-12:30 Lunch*	11 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11 Flu Shot Clinic 10-11:30 Chicken Foot/Games 11:30-12:30 Lunch*	12 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*
15 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	16 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:15 Bingo 11:30-12:30 Lunch*	17 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	18 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Games 11:30-12:30 Lunch*	19 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10:30-11:15 Bingo 11:30-12:30 Lunch*
22 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	23 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:15 Bingo 11:30-12:30 Lunch*	24 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:00 Bingo 11:30-12:30 Lunch*	25 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Games 11:30-12:30 Lunch*	26 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*
29 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*	30 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:15 Bingo 11:30-12:30 Lunch*	31 Happy Halloween 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10 Halloween Party 10:30-11:30 Bingo 11:30-12:30 Lunch*		

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