




Central Young at Heart Activity Calendar—February 2020

120 Commons Way Central SC 8:30 AM-1:00 PM 864.507.2254---Stacey Brodie, Site Coordinator

		<p>Healthy Heart</p>  <p>Healthy You</p>				<p>2/3 Donna R 2/11 Raymond B 2/20 Betty G 2/28 Ethelina M. 2/29 Jane S.</p>
<p>3 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>4 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>5 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>6 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>7 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>		
<p>10 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>11 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>12 Nutrition Assessments 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>13 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>14 Valentine’s Day Celebration 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>		
<p>17 Healthy Heart Nutrition Session 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>18 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>19 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>20 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>21 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>		
<p>24 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>25 Mardi Gras and Birthday Celebration 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p> 	<p>26 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>27 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>	<p>28 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45-12:45 Lunch*</p>		

***Reservations are required for lunch. See Stacey for reservations.**