






Liberty Young at Heart Activity Calendar—February 2020

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

		<p>Healthy Heart</p>  <p>Healthy You</p>		<p>2/1 Wilton G 2/3 Robert G 2/10 Michael P 2/13 Ester S 2/19 Ethel R 2/22 Nancy G</p>
<p>3 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>4 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>5 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>6 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Bingo 11:30-12:30 Lunch*</p>	<p>7 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>
<p>10 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>11 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>12 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>13 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Bingo 11:30-12:30 Lunch*</p>	<p>14 Valentine's Day 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-Valentine's Party  10:30-11:30 Bingo 11:30-12:30 Lunch*</p>
<p>17 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:00 Bingo  11:00 Healthy Heart 11:30-12:30 Lunch*</p>	<p>18 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10:00-11:15 Bingo 11:30-12:30 Lunch*</p>	<p>19 Birthday Celebration Sponsored by Dr. Alexandra Tarvin 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11 Bingo 11:30-12:30 Lunch*</p>	<p>20 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Bingo 11:30-12:30 Lunch*</p>	<p>21 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:15 Bingo 11:30-12:30 Lunch*</p>
<p>24 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch* </p>	<p>25 Mardis Gras Celebration 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10:00-11:15 Bingo 11:30-12:30 Lunch* </p>	<p>26 8:30 Coffee/Open Activities 8:30 Lenten Devotional(optional) 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch*</p>	<p>27 8:30 Coffee/Open Activities 9-10 Zumba & Stretching 10-11:30 Chicken Foot/Bingo 11:30-12:30 Lunch*</p>	<p>28 8:30 Coffee/Open Activities 9-10 Arthritis Exercise 10-11:30 Bingo 11:30-12:30 Lunch* </p>

***Reservations are required for lunch. See Marsha for reservations. Pool Table area open until 2:30**