


Central Young at Heart Center—Activity Calendar—March 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	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	4 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch	5 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	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
9 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	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	11 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	12 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 – Brain Games 11:00-11:45 Bingo 11:45 Healthy Snacking 11:45-12:45 Lunch	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
16 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	17 St Patrick'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	18 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch	19 Happy Spring 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	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
23 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	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	25 9:15-9:45 Coffee Talk 9:45-10:45 Exercise 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch	26 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	27 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
30 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	31 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			Available Daily from 8:30 AM – 1:00 PM Board/Table Games - Cards Jigsaw Puzzles - Reading