

# Central Young at Heart Activity Calendar—January 2024




120 Commons Way Central SC 8:30 AM-1:00 PM 864.507.2245---Stacey Brodie, Site Coordinator

## January 2024!



Available Daily-Individual/Small Group Activities  
8:30 AM-2:30 PM Board/Table Games - Crafts –Playing Cards -  
Jigsaw Puzzles - Reading Outdoor Games(weather permitting)  
8:30-2:30 PM Pool Table Available



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 CENTER CLOSED</b> 	<b>2</b> 8:30 Coffee/Open Activities 9:30-10:30 Corn Hole/Ladder Ball 10:30- Think Fast/Trivia 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>3</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotional(optional) 11-11:45 Bingo 11:45-12:45 Lunch	<b>4</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Head Band/ Family Feud 11:00-11:45 Bingo 11:45-12:45 Lunch	<b>5</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Charades 11:00-11:45 Bingo 11:45-12:45 Lunch
<b>8</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 Chicken Foot/Rummikub 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>9</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Old Farmers Food/ Gardening Tips 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>10</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotion w/George (optional) 11-11:45 Bingo 11:45-12:45 Lunch	<b>11</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis <b>10:30- Hot Topics</b> <b>Nutrition Session</b> 11:00-11:45 Bingo 11:45-12:45 Lunch	<b>12</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 -Jewelry w/Cindy 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
<b>15 CENTER CLOSED</b> 	<b>16</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Word Scrabble/Word Search 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>17</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotional (optional) 11-11:45 Bingo 11:45-12:45 Lunch	<b>18 ACOG Assessments</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Winter Painting 11:00-11:45 Bingo 11:45-12:45 Lunch	<b>19</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 -Play on Words 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
<b>22</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30- Valentine Craft 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>23</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Word Scrabble/Word Search 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>24</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotion w/George(optional) 11-11:45 Bingo 11:45-12:45 Lunch	<b>25</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Chicken Foot/Cardio Drumming 11:00-11:45 Bingo 11:45-12:45 Lunch	<b>26</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Play on Words 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
<b>29 Birthday Celebration</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 - In The Kitchen 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>30</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Word Scrabble/Word Search 11:15-11:45 Bingo 11:45-12:45 Lunch	<b>31</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotion w/George(optional) 11-11:45 Bingo 11:45-12:45 Lunch	 <div>             George A. January 1              Dennis H. January 3              Linda W. January 13              Gloria D. January 19           </div>	