

Liberty Young at Heart Activity Calendar—January 2024

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

<div>January 2024!</div> 		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) – Pool Table		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED 	2 NEW YEAR CELEBRATION 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	3 First Wednesday Breakfast 8:30 Coffee/Open Activities 9:00-10:00 Exercise -Geri-Fit 10:00 – 11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	4 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:15 Chicken Foot/Bingo/LCR 11:30-12:30 Lunch	5 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch
8 8:30 Coffee/ Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	9 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	10 8:30 Coffee/Open Activities 9:00-10:00 Exercise -Geri-Fit 10:00 – 11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	11 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:15 Chicken Foot/Bingo/LCR 11:30-12:30 Lunch	12 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch
15 CENTER CLOSED 	16 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	17 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 Winter Games 10:30-11:30 Bingo 11:30-12:30 Lunch	18 ACOG Assessments 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:15 ChickenFoot/Bingo/LCR 11:30 – 12:30 Lunch	19 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch
22 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	23 Birthday Celebration 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	24 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 – 11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	25 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:15 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	26 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch
29 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10- Hot Topics—Nutrition 10:20 Bingo and LCR 11:30-12:30 Lunch	30 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo 11:15 Left, Center, Right 11:30-12:30 Lunch	31 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:30 – 11:30 Bingo/LCR 11:15 Left, Center, Right 11:30-12:30 Lunch	 <div> Hattie R. January 23 Victor B. January 25 </div>	