

Central Young at Heart Activity Calendar—April 2024

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



Happy April Birthday

April 2 Eugene T.
April 14 Keith B.
April 16 Russell O.
April 16 Connie Q.

**PROM is
Saturday,
April 20!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 Spring Painting 11:15-11:45 Bingo 11:45-12:45 Lunch	2 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	3 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	4 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Cardio Drumming 11:00-11:45 Bingo 11:45-12:45 Lunch	5 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Art w/Jeff 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
8 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30- Bunco/LCR 11:15-11:45 Bingo 11:45-12:45 Lunch	9 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	10 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotion (optional) 11-11:45 Bingo 11:45-12:45 Lunch	11 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Cardio Drumming 11:00-11:45 Bingo 11:45-12:45 Lunch	12 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 -Spring Craft 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
15 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri Fit 10:30- Jewelry w/Cindy 11:15-11:45 Bingo 11:45-12:45 Lunch	16 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 – 60's Tricky Trivia 11:15-11:45 Bingo 11:45-12:45 Lunch	17 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	18 ACOG Assessments 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Chicken Foot/Cardio Drum 11:00-11:45 Bingo 11:45-12:45 Lunch	19 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 - Family Feud 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
22 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 – Bunco/LCR 11:15-11:45 Bingo 11:45-12:45 Lunch	23 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Eggs Are Good For You! Nutrition Session 11:00-11:45 Bingo 11:45-12:45 Lunch	24 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	25 Birthday Celebration 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Charades/Name That Tune 11:00-11:45 Bingo 11:45-12:45 Lunch	26 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 - In The Kitchen w/Stacey 11:00-11:45 BIG Bingo Friday 11:45-12:45 Lunch
29 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri Fit 10:30- Chicken Foot/Ladder Ball 11:15-11:45 Bingo 11:45-12:45 Lunch	30 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Tricky Trivia 11:15-11:45 Bingo 11:45-12:45 Lunch	Available Daily-Individual/Small Group Activities 8:30 AM-1:00 PM Board/Table Games - Crafts –Playing Cards -Jigsaw Puzzles - Reading Outdoor Games (weather permitting) 8:30-1:00 PM Pool Table Available		