





# Central Young at Heart Activity Calendar—March 2024

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

		 <p>Happy March Birthday 3.26.24 Tommy V.</p>		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>Available Daily-Individual/Small Group Activities</b>  <b>8:30 AM-1:00 PM Board/Table Games - Crafts –Playing Cards - Jigsaw Puzzles - Reading Outdoor Games (weather permitting)</b>  <b>8:30-1:00 PM Pool Table Available</b></p>				<p><b>1</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise- Geri-Fit  <b>10:30 Easter Craft</b>  11:00-11:45 Bingo  11:45-12:45 Lunch</p>
<p><b>4</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise-Geri-Fit  <b>10:30 In the Kitchen with Stacey</b>  11:15-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>5</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</p>	<p><b>6</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</p>	<p><b>7</b>  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</p>	<p><b>8</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise- Geri-Fit  <b>10:30 Easter Painting</b>  11:00-11:45 BIG Bingo Friday  11:45-12:45 Lunch</p>
<p><b>11</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise-Geri-Fit  <b>10:30 Easter Jewelry Workshop</b>  11:15-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>12</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</p>	<p><b>13</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</p>	<p><b>14 ACOG Assessments</b>  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</p>	<p><b>15</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise- Geri-Fit  10:30 -Charades  11:00-11:45 BIG Bingo Friday  11:45-12:45 Lunch</p>
<p><b>18</b>  8:30 Coffee/Open Activities  9:30-10:30 Corn Hole  10:30- Chicken Foot /LCR  11:15-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>19</b>  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</p>	<p><b>20</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</p>	<p><b>21</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</p>	<p><b>22</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise- Geri-Fit  <b>10:30 Crazy Color Eggs</b>  11:00-11:45 BIG Bingo Friday  11:45-12:45 Lunch</p>
<p><b>25</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise-Geri-Fit  <b>10:30 – Stuff Easter Eggs</b>  11:15-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>26</b> 8:30 Coffee/Open Activities  9:30-10:30 Exercise- Arthritis  <b>10:30 Where's the Cheddar?- Nutrition Session</b>  11:00-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>27</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</p>	<p><b>28 Birthday Celebration</b>  8:30 Coffee/Open Activities  9:30-10:30 Exercise- Arthritis  <b>10:30- Easter Egg Hunt</b>  11:00-11:45 Bingo  11:45-12:45 Lunch</p>	<p><b>29 Center Closed for Easter</b></p> 