
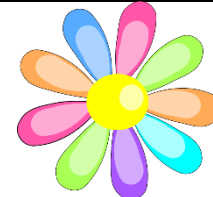




# Central Young at Heart Activity Calendar—May 2024

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

	<b>Available Daily-Individual/Small Group Activities</b> 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				May 12 Brenda M.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>May is Older Americans Month!</b> We will have guest speakers on May 8(Stroke Awareness) and May 22(Home Safety) Mark your calendars for June 12 for a session on Fraud and Scams		<b>1</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 Devotion w/George (optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>2</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Kentucky Derby Pre-Party 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>3</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Cardio Drumming 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
<b>6</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30- Bunco/LCR 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>7</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Word Scrabble/Search 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>8</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10 Stroke Awareness-Prisma Health 10:45 Devotion (optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>9</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Cardio Drumming 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>10</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 -Mother's Day Jewelry Craft 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
<b>13</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri Fit 10:30- Wheel of Fortune 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>14</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 – Tricky Trivia 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>15</b> 8:30 Coffee/Open Activities 9:00-10:00 Cornhole 10:00 Show and Tell 10:45 Devotion w/George(optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>16 ACOG Assessments</b> 8:30 Coffee/Open Activities 9:30-10:30 Ladder Ball/Ring Toss 10:30- Chicken Foot/Cardio Drum 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>17</b> 8:30 Coffee/Open Activities 9:30-10:30 Board Games 10:30 - Word Scrabble/ Search 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
<b>20</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 – Bunco/LCR 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>21</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Family Feud 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>22</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10 Home Safety-Pickens County EMS 10:45 Devotion w/George(optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>23 Birthday Celebration</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- May Painting 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>24</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 - Memorial Day History 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
<b>27</b> 	<b>28</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Tricky Trivia 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>29</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 Fire Safety 10:45 Devotion w/George(optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>30</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30- Charades 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>31</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 - Let's Make Jelly 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	