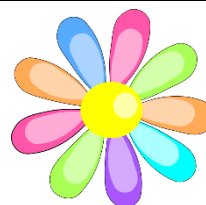


Liberty Young at Heart Activity Calendar—May 2024

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



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



5/3 Brenda M
 5/4 Ethel C
 5/9 Selena B
 5/26 Sue M

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May is Older Americans Month! Wednesday Lunch and Learn Sessions May 8-Stroke Awareness May 15—Home Exercises May 22 Home Safety Mark your calendars - June 12 session on Fraud and Scams Invite your friends to join you!		1 First Wednesday Breakfast 8:30 Coffee/Open Activities 9:00-10:00 Exercise -Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	2 Let's Make a Fascinator! 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30-12:30 Lunch	3 Let's Make a Fascinator! 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch
6 Kentucky Derby Party 8:30 Coffee/ Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	7 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch	8 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch and Learn Stroke Awareness—Prisma Health	9 Mother's Day Recognition 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 – 12:30 Lunch	10 Mother's Day Recognition 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch
13 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	14 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch	15 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 – 11:30 Bingo/LCR 11:30-12:30 Lunch and Learn At Home Exercises	16 ACOG Assessments 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	17 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch
20 Birthday Celebration 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	21 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch	22 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch and Learn- Home Safety Pickens County EMS	23 8:30 Coffee/Open Activities 8:30 Devotional (optional) 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch	24 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch
27 	28 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch	29 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	30 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch	31 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch