

Central Young at Heart Activity Calendar—July 2024

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

		<p>July 24 Loretta O.</p>		<p>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</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30- Patriotic Music w/Jackie 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>2 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Movie Part 2 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>3 Birthday Celebration 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 4th Of July Fun 11-11:45 Bingo 11:45-12:30 Lunch</p>		<p>5 CENTER CLOSED</p> 
<p>8 8:30 Coffee/Open Activities 9:30-10:30 Ladder Ball/Ring 10:30- Movie & Popcorn 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>9 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</p>	<p>10 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 Devotion w/Delphine(optional) 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>11 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Healthy Nutrition Tips 11:00-11:45 Bingo 11:45-12:30 Lunch</p>	<p>12 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 National Jell-O Day/ Share a Jello Dessert 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch</p>
<p>15 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30 Home Tips and Tricks 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>16 8:30 Coffee/Open Activities 9:00-10:00 Exercise- Arthritis 10:15 Railroad Museum 11:45-12:30 Lunch</p>	<p>17 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:30- National Ice Cream Day 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>18 ACOG Assessments 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Badminton/Ring Toss 11:00-11:45 Bingo 11:45-12:30 Lunch</p>	<p>19 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Corn Hole/ Ladder Ball 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch</p>
<p>22 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</p>	<p>23 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</p>	<p>24 8:30 Coffee/Open Activities 9:30-10:30 Exercise--Geri-Fit 10:30 Nutrition Session- Diet, Exercise, and Sleep 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>25 8:30 Coffee/Open Activities 9:30-10:30 Corn Hole 10:30 Music w/Jackie 11:00-11:45 Bingo 11:45-12:30 Lunch</p>	<p>26 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri-Fit 10:30 Show and Tell 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch</p>
<p>29 8:30 Coffee/Open Activities 9:30-10:30 Table Games 10:30 Word Games 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>30 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri Fit 10:30 Name That Tune/TV show 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>31 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri-Fit 10:45 Devotion w/Stacey (optional) 11-11:45 Bingo 11:45-12:30 Lunch</p>		