





# Liberty Young at Heart Activity Calendar—July 2024

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

	<p><b>US Trivia Challenge</b></p> <p>During July, answer these questions and have your name entered in a drawing for a gift. You must verbally give your answers to Marsha to be eligible</p> <p><b>Name 6 of the original states</b></p> <p><b>Name 5 of the Bill of Rights</b></p> <p><b>Name 5 signers of the Declaration of Independence (must include one signer from South Carolina)</b></p>			<p><b>Available Daily -8:30 AM-2:30 PM</b></p> <p><b>Individual/Small Group Activities</b></p> <p><b>-Board/Table Games - Crafts –</b></p> <p><b>Playing Cards -Jigsaw Puzzles - Reading –</b></p> <p><b>Outdoor Games(weather permitting) – Pool Table</b></p>							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY							
<p><b>1</b></p> <p>8:30 Coffee/ Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>2</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>3 July 4<sup>th</sup> Celebration</b></p> <p>8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>4</b></p> 	<p><b>5</b></p> <p><b>CENTER CLOSED</b></p> 							
<p><b>8</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>9</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>10 Wednesday Breakfast</b></p> <p>8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 – 11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>11 Birthday Celebration</b></p> <p>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</p>	<p><b>12</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>							
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<p><b>22 Nat'l Ice Cream Day Observed</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>23</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>24</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR <b>11:30-12:30 Lunch and Learn</b> <b>Nutrition Session-</b> <b>Diet, Exercise, and Sleep</b></p>	<p><b>25</b></p> <p>8:30 Coffee/Open Activities 8:30 Devotional(optional) 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch</p>	<p><b>26 Final Day to Answer Trivia</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>							
<p><b>29</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>30</b></p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch</p>	<p><b>31 Drawing for Trivia Gift</b></p> <p>8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch</p>	 <table style="margin-left: auto; margin-right: auto;"> <tr> <td><b>7/11 Shawn C</b></td> <td><b>7/27 Deb B</b></td> </tr> <tr> <td><b>7/11 Karen A</b></td> <td><b>7/31 Cindy H</b></td> </tr> <tr> <td><b>7/20 Viann C</b></td> <td><b>7/31 George E</b></td> </tr> </table>			<b>7/11 Shawn C</b>	<b>7/27 Deb B</b>	<b>7/11 Karen A</b>	<b>7/31 Cindy H</b>	<b>7/20 Viann C</b>	<b>7/31 George E</b>
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