

# Central Young at Heart Activity Calendar—September 2024

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



9/2 Gina C  
9/7 Sue C  
9/22 Cindy B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>Center Closed</b></p>  <p style="text-align: center;"><b>LABOR DAY</b></p>	<p><b>3</b> 8:30 Coffee/Open Activities  <b>9-11:30 Shopping Trip</b>                      9:30-10:30 Exercise- Arthritis  <b>10:30-National Coconut Day</b>                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>4</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:30-Devotional (opt)</b>                      11-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>5</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</p>	<p><b>6</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:30 – National Tailgating Day</b>                      Wear your Team Colors                      11:00-11:45 Bingo                      11:45-12:30 Lunch</p>
<p><b>9</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:30 Jewelry w/Cindy</b>                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>10</b> 8:30 Coffee/Open Activities                      9:00-10:00 Corn Hole/Ladder                      10:15 Word Games                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>11</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:30- Devotional with Delphine(opt)</b>                      11-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>12</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise- Arthritis  <b>10:30 – Picture Show /Popcorn</b>                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>13</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise- GeriFit                      10:30 - Corn Hole/L-Ball  <b>11:00-11:45 Surprise Bingo</b>                      11:45-12:30 Lunch</p>
<p><b>16</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:30 -Music w/Jackie &amp;Friends</b>                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>17</b> 8:30 Coffee/Open Activities  <b>9-11:30 Shopping Trip</b>                      9:30-10:30 Exercise- Arthritis                      10:30 Tricky Trivia                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>18</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise--GeriFit  <b>10:30-Devotional (opt)</b>  <b>11:00 Special Bingo w/Lynn</b>                      11:45-12:30 Lunch</p>	<p><b>19 ACOG Assessments</b>                      8:30 Coffee/Open Activities                      9:30-10:30 Exercise-Arthritis  <b>10:30 -Cooking for One or Two- Nutrition Session</b>                      11:00-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>20</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise- GeriFit  <b>10:30 Birthday Celebration</b>                      11:00-11:45 BIG Bingo Friday                      11:45-12:30 Lunch</p>
<p><b>23</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit                      10:30 Fall Prevention Tips                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>24</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-Arthritis                      10:30 Name That Tune w/Jackie                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>25</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit  <b>10:45 Devotion w/Stacey (opt)</b>                      11-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>26</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-Arthritis  <b>10:30 National Pancake Day</b>                      11:00-11:45 Bingo                      11:45-12:30 Lunch</p>	<p><b>27</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise- GeriFit  <b>10:30 Fall Craft</b>                      11:00-11:45 BIG Bingo Friday                      11:45-12:30 Lunch</p>
<p><b>30</b> 8:30 Coffee/Open Activities                      9:30-10:30 Exercise-GeriFit                      10:30 Word Games                      11:15-11:45 Bingo                      11:45-12:30 Lunch</p>	<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 –</b>  <b>Outdoor Games(weather permitting)</b>  <b>8:30-1:00 PM Pool Table Available</b></p>		 <p style="font-size: 2em; font-weight: bold;">Which team do you pull for? High School? College? NFL?</p>	