



Liberty Young at Heart Activity Calendar—September 2024

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



9/2 Ana F
9/7 Evelyn K
9/22 Bonny M
9/22 Maggie J

9/24 Early S
9/25 Dolores M
9/29 Charles P

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Center Closed  LABOR DAY		3 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch		4 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		5 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch		6 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
9 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		10 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:30 Bingo/LCR 11:30-12:30 Lunch		11 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		12 Birthday Celebration 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/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	
16 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		17 Constitution Day 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch		18 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-Cooking for One or Two- Nutrition Session 11:30-12:30 Lunch		19 ACOG Assessments 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch		20 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
23 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		24 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:15 Bingo/LCR 11:30-12:30 Lunch		25 Fall Prevention Awareness 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		26 Johnny Appleseed Day 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch		27 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
30 Fall Crafts—This Week 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	Available Daily -8:30 AM-2:30 PM Individual/Small Group Activities Board/Table Games - Crafts –Playing Cards -Jigsaw Puzzles - Reading – Pool Table – Outdoor Games(weather permitting)						Which team do you pull for? High School? College? NFL?		