

Central Young at Heart Activity Calendar—October 2024

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

		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			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30-National Cookie Day 11:15-11:45 Bingo 11:45-12:30 Lunch	2 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30-Devotional (opt) 11-11:45 Bingo 11:45-12:30 Lunch	3 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Fall Craft Part One 11:00-11:45 Bingo 11:45-12:30 Lunch	4 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Fall Craft Part 2 11:00-11:45 Bingo 11:45-12:30 Lunch	10/10 Julie W. 10/14 Renée K. 10/20 Jeff G.
7 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Chocolate Covered Pretzel Day 11:15-11:45 Bingo 11:45-12:30 Lunch	8 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Word Games 11:15-11:45 Bingo 11:45-12:30 Lunch	9 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- Devotional with George(opt) 11-11:45 Bingo 11:45-12:30 Lunch	10 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Nutrition Session Paint Your Plate with Color 11:15-11:45 Bingo 11:45-12:30 Lunch	11 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 - Apple Press Truck 11:15-11:45-Bingo 11:45-12:30 Lunch	
14 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Movie&Popcorn 11:15-11:45 Bingo 11:45-12:30 Lunch	15 8:30 Coffee/Open Activities 9-11:30 Shopping Trip 9:30-10:30 Exercise- Arthritis 10:30 Movie &Popcorn Part2 11:15 Bingo 11:45-12:30 Lunch	16 8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Devotional (opt) 11:00 Bingo 11:45-12:30 Lunch	17 ACOG Assessments 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 -Special Guest Bingo- 11:00-11:45 Bingo 11:45-12:30 Lunch	18 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Fall Painting 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
21 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Lets Make Candy Apples 11:15-11:45 Bingo 11:45-12:30 Lunch	22 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	23Field Trip to Chattooga Belle Farm NO ACTIVITIES OR LUNCH at CENTRAL LUNCH AVAILABLE at LIBERTY CENTER	24 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Fall Prevention 11:00-11:45 Bingo 11:45-12:30 Lunch	25 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Fall Pumpkin Craft 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
28 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	29 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Candy Bags/After School 11:15-11:45 Bingo 11:45-12:30 Lunch	30 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:45 Devotion w/Stacey (opt) 11-11:45 Bingo 11:45-12:30 Lunch	31 8:30 Coffee/Open Activities 9:00-10 Exercise-Arthritis 10-11:45 Trunk or Treat 11:45-12:45- Lunch and Magic Show		