

# Liberty Young at Heart Activity Calendar—October 2024

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

		<b>Available Daily -8:30 AM-2:30 PM</b> <b>Individual/Small Group Activities</b> <b>Board/Table Games - Crafts –Playing Cards -</b> <b>Jigsaw Puzzles - Reading –</b> <b>Pool Table –</b> <b>Outdoor Games(weather permitting)</b>			
MONDAY		TUESDAY		WEDNESDAY	
		<b>1</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>2 Wednesday Breakfast</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00 – 11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>7</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>8</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba <b>9-11 Shopping Trip</b> 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>9</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit <b>10:00 Nutrition Session</b> <b>Paint Your Plate with Color</b> 10:20-11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>14</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>15</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>16</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR <b>11-12 Cooking Demonstration</b> 11:30-12:30 Lunch	
<b>21</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>22</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba <b>9-11 Shopping Trip</b> 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>23 Chattooga Belle Farm Trip</b> 8:30 – 9:30 Coffee/Open Activities 9:00-9:30 Exercise-Geri-Fit <b>10 Chattooga Belle Farm Departure</b> 11:30-12:30 Lunch (for those not going on field trip)	
<b>28</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>29 Early Voting Day</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba <b>10:00 Let's Go Vote!!!!</b> 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>30</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	
				<b>31 Halloween</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 ChickenFoot/Bingo/LCR 11:30 -12:30 Lunch	
					

10/10 Cindy G  
 10/12 Doris C  
 10/13 Ray H  
 10/14 Evelyn P  
 10/20 Linda B  
 10/25 Karen F  
 10/27 Jerry T