

Central Young at Heart Activity Calendar—November 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			11/10 Alan C 11/14 Doris L 11/17 Linda R 11/21 Sarah S
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Young at Heart Thanksgiving Luncheon Wednesday-November 20 Liberty Center			1 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 –Corn Hole / Ladder Ball 11:00-11:45 Bingo 11:45-12:30 Lunch	
4 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Show N Tell 11:15-11:45 Bingo 11:45-12:30 Lunch	5 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 9-11:30 Shopping Trip 10:30 Word Games 11:15-11:45 Bingo 11:45-12:30 Lunch	6 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	7 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 -Fall Painting 11:15-11:45 Bingo 11:45-12:30 Lunch	8 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 - Lets Talk Turkey 11:15-11:45-Bingo 11:45-12:30 Lunch	
11 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	12 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Movie &Popcorn Part2 11:15 Bingo 11:45-12:30 Lunch	13 8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Devotional (opt) 11:00 Bingo 11:45-12:30 Lunch	14 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 - Diabetes Healthy Tips 11:00-11:45 Bingo 11:45-12:30 Lunch	15 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 What I’m Thankful For 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
18 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Surprise Bingo 11:15-11:45 Bingo 11:45-12:30 Lunch	19 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 9-11:30 Shopping Trip 10:30 Name That Tune w/Jackie 11:15-11:45 Bingo 11:45-12:30 Lunch	20 Joint Thanksgiving Luncheon at the Liberty Center 8:30 Coffee/Open Activities 9-10 Exercise-GeriFit 10-11:15 Bingo/LCR 11:30-12:30 Thanksgiving Luncheon	21 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Cardio Drumming 11:00-11:45 Bingo 11:45-12:30 Lunch	22 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Lets Get Crafty 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
25 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	26 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Thanksgiving Cornucopia Candy Treats 11:15-11:45 Bingo 11:45-12:30 Lunch	27 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Thankful for Friends Breakfast and PJS 11:00- Bingo 11:45-12:30 Lunch	28 CENTER CLOSED 	29 CENTER CLOSED 	