

Central Young at Heart Activity Calendar—December 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		FRIDAY	
2 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Decorate & Wish List 11:15-11:45 Bingo 11:45-12:30 Lunch	3 8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise- Arthritis 11:15-11:45 Bingo 11:45-12:30 Lunch	4 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	5 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Christmas Craft 11:15-11:45 Bingo 11:45-12:30 Lunch	12/10 Polly H 12/16 Pam W 12/17 Annie Mae M 12/26 Phyliss M	
9 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 –Christmas Jewelry Craft 11:15-11:45 Bingo 11:45-12:30 Lunch	10 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Movie &Popcorn 11:15 Bingo 11:45-12:30 Lunch	11 8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Movie & Popcorn Part2 11:00 Bingo 11:45-12:30 Lunch	12 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 – REINDEER GAMES 11:00-11:45 Bingo 11:45-12:30 Lunch	13 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Sip and Paint 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
16 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Surprise Guest 11:15-11:45 Bingo 11:45-12:30 Lunch	17 8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise-Arthritis 10:30 Christmas Baking 11:15-11:45 Bingo 11:45-12:30 Lunch	18 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- Special Music 11-11:45 Bingo 11:45-12:30 Lunch	19 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:45 Christmas Bingo 11:45-12:30 Lunch	20 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Whoville Day 11:00-11:45 BIG Bingo Friday 11:45-12:30 Lunch	
23 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Ornament Swap 11:15-11:45 Bingo 11:45-12:30 Lunch	24 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Christmas PJS Brunch and Merry Mix and Hot Cocoa 11:15-11:45 Bingo 11:45-12:30 Lunch	25 CENTER CLOSED 		26 CENTER CLOSED 	
30 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Price is Right 11:15-11:45 Bingo 11:45-12:30 Lunch	31 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 New Years Eve Count Down 11:15-11:45 Bingo 11:45-12:30 Lunch			<h2 style="color: green;">See you in 2025!</h2>	