

Central Young at Heart Activity Calendar—February 2025

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



2/9 Pat F
2/11 Raymond T
2/12 Mary P

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Famous Inventor Black History 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>4 8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise- Arthritis 10:30 Heart Healthy Treat/Tips 11:15 Bingo 11:45-12:30 Lunch</p>	<p>5 8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Devotion(Optional) 11:00 Bingo 11:45-12:30 Lunch</p>	<p>6 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</p>	<p>7 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30- Sip N paint Part 1 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>10 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Sip N Paint Part 2 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>11 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 - Let’s Keep the Blood Flowing Nutrition Session 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>12 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- Devotion(Optional)/ Bible Trivia 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>13 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:45 Valentine Jewelry 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>14 8:30 Coffee/Open Activities 9:30-10:30 Valentine Breakfast 11:00-11:45 Valentine Bingo 11:45-12:30 Lunch</p>
<p>17 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</p>	<p>18 8:30 Coffee/Open Activities 9:00 UpCountry History Museum Trip 9-11:30 Games and Bingo 11:45-12:30 Lunch</p>	<p>19 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 - Devotion(Optional) 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>20 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:45 ChickenFoot/Magnet Chess 11:45-12:30 Lunch</p>	<p>21 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 -Game Face 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>24 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Movie POPcorn Part 1 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>25 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 -Movie POPcorn Part 2 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>26 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Devotion(Optional) 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p>27 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Tricky Trivia 11:45-12:30 Lunch</p>	<p>28 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Birthday Celebration 11:00-11:45 Surprise Bingo Friday 11:45-12:30 Lunch</p>