

Liberty Young at Heart Activity Calendar—February 2025

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

		Available Daily -8:30 AM-2:30 PM Individual/Small Group Activities Board/Table Games - Crafts –Playing Cards - Jigsaw Puzzles - Reading – Pool Table – Outdoor Games(weather permitting)			
MONDAY		TUESDAY		FRIDAY	
3 8:30 Coffee/Open Activities 9-10 NO EXERCISE 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch		4 8:30 Coffee/Open Activities 9-10 NO EXERCISE 9-10 Cards/Games 10-11:15 Bingo/LCR 11:30-12:30 Lunch		7 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
10 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch		11 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:15 Bingo/LCR 11:30-12:30 Lunch		14 Happy Valentine's Day 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
17 President's Day 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch		18 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:15 Bingo/LCR 11:30-12:30 Lunch		21 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
24 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch		25 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:30 Bingo/LCR 11:30-12:30 Lunch		28 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
		5 First Wednesday Breakfast 8:30 Coffee/Open Activities 9-10 NO EXERCISE 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		6 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	
		12 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		13 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Valentine's Celebration 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	
		19 Birthday Celebration 8:30 Coffee/Open Activities 9-10Exercise-Geri-Fit 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		20 ACOG ASSESSMENTS 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	
		26 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 9-10 Cards/Games 10:00 – Let's Keep the Blood Flowing Nutrition Session 10:30-11:30 Bingo/LCR 11:30-12:30 Lunch		27 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	