

Central Young at Heart Activity Calendar—January 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			
MONDAY		TUESDAY		WEDNESDAY	
					
				1/1 George A 1/3 Dennis H 1/13 Linda W 1/27 Martha N 1/28 Nancy B	
1	2	3	4	5	6
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
7	8	9	10	11	12
8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Healthy Tips National Bean Day 11:15-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise- Arthritis 10:30 Movie &Popcorn 11:15 Bingo 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Devotion(Optional) 11:00 Bingo 11:45-12:30 Lunch	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	8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30- Build a Snowman 11:00-11:45 Special Bingo Friday 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30- Build a Snowman 11:00-11:45 Special Bingo Friday 11:45-12:30 Lunch
13	14	15	16	17	18
8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Make a Greeting Card 11:15-11:45 Bingo 11:45-12:30 Lunch	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	8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- Devotion(Optional)/ Martin Luther King Bday 11-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:45 Family Feud/Play On Words 11:15-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Chicken Foot 10:30 Name That Tune 11:00-11:45 Bingo Friday 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Chicken Foot 10:30 Name That Tune 11:00-11:45 Bingo Friday 11:45-12:30 Lunch
19	20	21	22	23	24
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
25	26	27	28	29	30
8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Chocolate Cake Day 11:15-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 Let's Make a Deal 11:15-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Chinese New Year 11-11:45 Bingo 11:45-12:30 Lunch	8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Tricky Trivia 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Birthday Celebration 11:00-11:45 Bingo Friday 11:45-12:30 Lunch	8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit 10:30 Birthday Celebration 11:00-11:45 Bingo Friday 11:45-12:30 Lunch