## 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/<br>Small Group Activities<br>8:30 AM-1:00 PM Board/Table Games - Crafts<br>-Playing Cards - Jigsaw Puzzles - Reading -<br>Outdoor Games (weather permitting)<br>8:30-1:00 PM Pool Table Available |                                                                                                                                                     | January<br>BirThelays    | 1/1 George A<br>1/3 Dennis H<br>1/13 Linda W<br>1/27 Martha N<br>1/28 Nancy B                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY                                                                                                                                              | TUESDAY                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                       | 2 THURSDAY                                                                                                                                          |                          | FRIDAY<br>3                                                                                                                                          |
| **************************************                                                                                                              | Y JY                                                                                                                                                                   | CENTER HAPPYNEWYEAR<br>CLOSED 2025                                                                                                                                                                                              | 8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-Arthritis<br>10:30 - Chicken Foot<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch                      |                          | 5<br>8:30 Coffee/Open Activities<br>9:30-10:30 Corn Hole<br>10:30 - Show N Tell<br>11:15-11:45-Bingo<br>11:45-12:30 Lunch                            |
| 6 8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30 – Healthy Tips<br>National Bean Day<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch | 7 8:30 Coffee/Open Activities<br>9:00 Shopping Trip<br>9:30-10:30 Exercise- Arthritis<br>10:30 Movie & Popcorn<br>11:15 Bingo<br>11:45-12:30 Lunch                     | 8<br>8:30 Coffee/Open Activities<br>9:30-10:30 ExerciseGeriFit<br>10:30-Devotion(Optional)<br>11:00 Bingo<br>11:45-12:30 Lunch                                                                                                  | 9<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-Arthritis<br>10:30 –Cardio Drumming<br>11:00-11:45 Bingo<br>11:45-12:30 Lunch               |                          | 10 8:30 Coffee/Open Activities<br>9:30-10:30 Exercise- GeriFit<br>10:30- Build a Snowman<br>11:00-11:45 Special Bingo<br>Friday<br>11:45-12:30 Lunch |
| 13<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30 Make a Gretting Card<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch            | 14 8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-Arthritis<br>10:30 - Let's Keep the Blood Flowing<br>Nutrition Session<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch | 15 8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30- Devotion(Optional)/<br>Martin Luther King Bday<br>11-11:45 Bingo<br>11:45-12:30 Lunch                                                                   | <b>16</b> 8:30 Coffee Open Activities<br>9:30-10:30 Exercise-Arthritis<br>10:45 Family Feud/Play On Words<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch |                          | 17<br>8:30 Coffee/Open Activities<br>9:30-10:30 Chicken Foot<br>10:30 Name That Tune<br>11:00-11:45 Bingo Friday<br>11:45-12:30 Lunch                |
| 20 CENTER CLOSED                                                                                                                                    | 21<br>8:30 Coffee/Open Activities<br>9-11:30 Upcountry Museum –<br>Field Trip<br>11:45-12:30 Lunch                                                                     | 22<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30 - Devotion(Optional)<br>11-11:45 Bingo<br>11:45-12:30 Lunch                                                                                           | 23<br>8:30 Coffee Open Activities<br>9:30-10:30 Exercise-Arthritis<br>10:45 National Pie Day<br>11:45-12:30 Lunch                                   |                          | 24<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFlt<br>10:30 Roll A Snowman Game<br>11:00-11:45 Guest Bingo Friday<br>11:45-12:30 Lunch |
| 27<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30 Chocolate Cake Day<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch              | 28<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise- Arthritis<br>10:30 Let's Make a Deal<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch                               | 29<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-GeriFit<br>10:30 Chinese New Year<br>11-11:45 Bingo<br>11:45-12:30 Lunch                                                                                               | 30<br>8:30 Coffee 0po<br>9:30-10:30 Exe<br>10:30 Tricky Tr<br>11:45-12:30 Lu                                                                        | ercise-Arthritis<br>ivia | 31<br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise- GeriFit<br>10:30 Birthday Celebration<br>11:00-11:45 Bingo Friday<br>11:45-12:30 Lunch     |