




# Liberty Young at Heart Activity Calendar—January 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					
				<b>1</b>  <b>CENTER CLOSED</b>		<b>2 NEW YEAR CELEBRATION</b> 8:30 Coffee/Open Activities 9-10 <b>NO EXERCISE</b> 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch		<b>3</b> 8:30 Coffee/Open Activities 9-10 <b>NO EXERCISE</b> 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>6</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>7</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>8 First Wednesday Breakfast</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>9 Birthday Celebration</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch		<b>10</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>13</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>14</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba <b>9-11 Shopping Trip</b> 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>15</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>16 ACOG ASSESSMENTS</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch		<b>17</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>20 CENTER CLOSED</b> 		<b>21</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch		<b>22</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit <b>10:00 Snowball Games</b> 10:30-11:30 Bingo 11:30-12:30 Lunch		<b>23</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch		<b>24</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	
<b>27</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>28</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba <b>9-11:30 Upcountry Museum – Field Trip</b> 11:30-12:30 Lunch		<b>29</b> 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit <b>10:00 – Let’s Keep the Blood Flowing Nutrition Session</b> 10:30-11:30 Bingo/LCR 11:30-12:30 Lunch		<b>30</b> 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch		<b>31</b> 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 10-11:30 Bingo/LCR 11:30-12:30 Lunch	