

# Central Young at Heart Activity Calendar—March 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



3/5 Cindy W  
 3/26 Tommy W  
 3/31 Jean J

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Dr. Seuss’s Day Green Eggs and Ham Biscuits 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>4</b> 8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise- Arthritis 10:30 - Mardis Gras Celebration 11:15 Bingo 11:45-12:30 Lunch	<b>5</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise--GeriFit 10:30-Devotion(Optional) 11:00 Bingo 11:45-12:30 Lunch	<b>6</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 –Tricky Trivia 11:00-11:45 Bingo 11:45-12:30 Lunch	<b>7</b> 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
<b>10</b> 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	<b>11</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Protein-Not Just a Supper Thing Nutrition Session 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>12</b> 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	<b>13</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Learn about Bugs w/Cindy 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>14</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise -Gerifit 10:30 Corn Hole/Ladder Ball 11:00-11:45 Bingo 11:45-12:30 Lunch
<b>17</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- St. Patricks Day 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>18</b> 8:30 Coffee/Open Activities 9:00 Shopping Trip 9:30-10:30 Exercise- Arthritis 10:30 – Game Face 11:15 Bingo 11:45-12:30 Lunch	<b>19</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 - Devotion(Optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>20 ACOG ASSESSMENTS</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:45 Show and Tell 11:45-12:30 Lunch	<b>21</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 - Jewelry w/Brenda 11:00-11:45 Bingo 11:45-12:30 Lunch
<b>24</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 - Monday Movie 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>25</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis 10:30 -Tech Talk Guest Speaker 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>26</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 Devotion(Optional) 11-11:45 Bingo 11:45-12:30 Lunch	<b>27</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis 10:30 Tricky Trivia 11:45-12:30 Lunch	<b>28</b> 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
<b>31</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 - Let’s Talk Honey 11:15-11:45 Bingo 11:45-12:30 Lunch				