

Liberty Young at Heart Activity Calendar—March 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)



3/2 Dan H 3/3 Betsy G
 3/3 Ann M 3/21 Franklin R

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	4 Mardis Gras 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:15 Bingo/LCR 11:30-12:30 Lunch	5 First Wednesday Breakfast 8:30 Coffee/ Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch/Learn-Tech Talk	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	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	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 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	14 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
17 St Patrick'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	19 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	21 Birthday Celebration 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	26 8:30 Coffee/Open Activities 9:00-10:00 Exercise-Geri-Fit 9-10 Cards/Games 10:00 Protein-Not Just a Supper Thing Nutrition Session 10:30-11:30 Bingo 11:30-12:30 Lunch	27 Spring Crafts 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	28 Spring Crafts 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
31 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch				