

# Central Young at Heart Activity Calendar—May 2025

120 Commons Way Central SC 8:30 AM-1:00 PM 864.507.2245---Stacey Brodie, Site Coordinator

		<p>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</p>		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>Happy Birthday</b> May 1 Judy P May 12 Brenda Mc May 13 Linda J</p>		<p><b>Mark Your Calendar!</b> May 23 <b>Music Fest and Lunch</b> at the <b>Central Young at Heart Center</b></p>	<p><b>1</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30 National Day of Prayer</b> (optional) 11:00-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>2</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit <b>10:30- Kentucky Derby Pre-Race</b> 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p><b>5</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 Sip N Paint Part 1</b> 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>6</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30-Painting Part 2</b> 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>7</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30- Devotion w/ Pastor Charles Marcy (Optional) 11-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>8</b> 8:30 Coffee Open Activities 9:30-10:30 Play on Words/ Charades 10:30 Bunco/Chicken Foot 10:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>9</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise -GeriFit <b>10:30 Mother's Day Celebration</b> 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p><b>12</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30- Trivia</b> 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>13</b> 8:30 Coffee/Open Activities <b>9:00 Shopping Trip</b> 9:30-10:30 Exercise- Arthritis <b>10:30 – In The Kitchen w/Stacey</b> 11:15 Bingo 11:45-12:30 Lunch</p>	<p><b>14</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Devotion w/ Pastor Jeff Smoak (optional) 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>15 ACOG ASSESSMENTS</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30-11:15 – Family Feud</b> 11:45-12:30 Lunch</p>	<p><b>16</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise -Gerifit <b>10:30 The Sunshine Vitamin</b> Nutrition Session 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p><b>19</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 - Movie Popcorn</b> 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>20</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Arthritis <b>10:30 -Movie Part 2</b> 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p><b>21</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</p>	<p><b>22</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30- Table Center Piece Craft</b> 11:15-Bingo 11:45-12:30 Lunch</p>	<p><b>23</b> 8:30 Coffee/Open Activities <b>9:15 - 12:30</b> <b>Music Fest and Lunch</b></p>
<p><b>26</b> Center Closed</p>  <p>★★★★★ <b>MEMORIAL DAY</b> HONORING ALL WHO SERVED</p>	<p><b>27</b> 8:30 Coffee/Open Activities <b>9:00 Shopping Trip</b> 9:30-10:30 Exercise- Arthritis <b>10:30 – Game Face</b> 11:15 Bingo 11:45-12:30 Lunch</p>	<p><b>28</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</p>	<p><b>29</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30 – Wheel Of Fortune</b> 11:45-12:30 Lunch</p>	<p><b>30</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise- GeriFit <b>10:30 Birthday Celebration</b> 11:00-11:45 Surprise Bingo Friday 11:45-12:30 Lunch</p>