

Liberty Young at Heart Activity Calendar—May 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	WEDNESDAY	THURSDAY	FRIDAY
Happy Birthday May 3 Brenda M May 4 Ethel C		Mark Your Calendar! May 23 Music Fest and Lunch at the Central Young at Heart Center	1 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	2 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
5 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	6 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:15 Bingo/LCR 11:30-12:30 Lunch	7 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Derby Races 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	8 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	9 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
12 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	13 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:15 Bingo/LCR 11:30-12:30 Lunch	14 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	15 ACOG ASSESSMENTS 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Celebration of Older Americans Month 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	16 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
19 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	20 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:30 Bingo/LCR 11:30-12:30 Lunch	21 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10:00 The Sunshine Vitamin Nutrition Session 10:30-11:30 Bingo 11:30-12:30 Lunch	22 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	23 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9:30 – 12:30 Music Fest and Lunch at the Central Young at Heart Center
26 Center Closed  	27 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:15 Bingo/LCR 11:30-12:30 Lunch	28 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	29 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	30 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch