


# Central Young at Heart Activity Calendar—June 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 CPR Tips w/Meredith</b> 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>3</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30- National Egg Day</b> 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>4</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	<b>5</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30 Farmer's Market Voucher Sign Up</b> 10:15-11:45 Bingo 11:45-12:30 Lunch	<b>6</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri Fit <b>10:30 National Doughnut Day</b> 11:00-11:45 Bingo 11:45-12:30 Lunch
<b>9</b> 8:30 Coffee/Open Activities 9:30-10:30 Ladder Ball/CornHole 10:30- Trivia 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>10</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	<b>11</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30 – Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>12</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30-11:15 – Father's Day Craft</b> 11:45-12:30 Lunch	<b>13</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise -Gerifit <b>10:30 Car Show/Father's Day Celebration</b> 11:00-11:45 Bingo 11:45-12:30 Lunch
<b>16</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	<b>17</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	<b>18</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	<b>19 ACOG ASSESSMENTS</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30- National SeaShell Day Craft</b> 11:15-Bingo 11:45-12:30 Lunch	<b>20</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise -Gerifit <b>10:30 Part 2 Craft</b> 11:00-11:45 Bingo 11:45-12:30 Lunch
<b>23</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 - Are Healthy Bones Important-Nutrition Session</b> 11:15-11:45 Bingo 11:45-12:30 Lunch	<b>24</b> 8:30 Coffee/Open Activities <b>9:00 Shopping Trip</b> 9:30-10:30 Exercise- Arthritis 10:30 – Game Face 11:15 Bingo 11:45-12:30 Lunch	<b>25</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 World Elder Abuse Awareness</b> 11-11:45 Bingo 11:45-12:30 Lunch	<b>26</b> 8:30 Coffee Open Activities 9:30-10:30 Exercise-Arthritis <b>10:30 – Wheel Of Fortune</b> 11:45-12:30 Lunch	<b>27</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
<b>30</b> 8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit <b>10:30 - Senior Game Competitions</b> 11:15-11:45 Bingo 11:45-12:30 Lunch	<p style="text-align: center;"> <b>Available Daily</b>  <b>Individual/ Small Group Activities</b>  <b>8:30 AM-1:00 PM Board/Table Games - Crafts</b>  <b>Playing Cards -Jigsaw Puzzles - Reading –</b>  <b>Outdoor Games (weather permitting)</b>  <b>8:30-1:00 PM Pool Table Available</b> </p>		<div style="display: flex; justify-content: space-around; align-items: center;">  <div> <h2 style="color: blue;">Happy Birthday</h2> <p style="color: green;">6/9 Dorris S</p> <p style="color: green;">6/24 Gina M</p> <p style="color: green;">6/26 JoEtta G</p> </div> </div>	