

Central Young at Heart Activity Calendar
120 Commons Way | Central SC | 8:30 AM-1:00 PM
864.507.2245 | Stacey Brodie, Site Coordinator

2026 January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Daily 8:30 AM-1:00 PM Individual/Small Group Activities Board/Table Games - Crafts -Playing Cards -Jigsaw Puzzles - Reading – Pool Table Outdoor Games (weather permitting) Play Practice on Thursdays at 12:30			1 Closed Re-open January 5th 	2 Closed Re-open January 5th 
5 8:30 Coffee/Open Activities 9:30-10:30 Corn Hole/Ladder Ball 10:30-11:15 Chicken Foot/Uno 11:15-11:45 Bingo 11:45-12:30 Lunch	6 8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- Geri Fit 10:30 -Holiday Declutter 11:15 Bingo 11:45-12:30 Lunch	7 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-Geri Fit 10:30 - Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch	8 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 - Exercise- Geri Fit 10:15-Health Tip of The Month 11:15- Bingo 11:45-12:30 Lunch	9 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:300 Exercise - Geri Fit 10:30 Donuts with Central Police /Fire Dept. 11:00-11:45 Bingo 11:45-12:30 Lunch
12 8:30 Coffee/Open Activities 9:30-10:30 Ladder- Ball 10:30-11:15-Word Games/Name That Tune 11:15-11:45 Bingo 11:45-12:30 Lunch	13 8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30- Exercise- Geri Fit 10:30-Cardio Drumming 11:15 Bingo 11:45-12:30 Lunch	14 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-Geri Fit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch	15 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 -Exercise- Geri Fit 10:15-Show N Tell 10:30-Snowflake Scavenger Hunt 11:15- Bingo 11:45-12:30 Lunch	16 8:30 Coffee/Open Activities 9:15- Walking Club 9:30-10:30 Exercise - Geri Fit 10:30- You Want to Build A Snowman 11:00-11:45 Bingo 11:45-12:30 Lunch
19 Closed Martin Luther King Day 	20 8:30 Coffee Open Activities 9:15 Shopping Trip 9:30-10:30 Exercise- Geri Fit 10:30 Snow Much Fun Games 11:15 Bingo 11:45-12:30 Lunch	21 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-Geri Fit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch	22 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- Geri Fit 10:15-Winter Painting Part 1 11:15- Bingo 11:45-12:30 Lunch	23 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:300 Exercise - Geri Fit 10:30 Winter Painting Part 2 11:15-11:45 Bingo 11:45-12:30 Lunch
26 8:30 Coffee/Open Activities 9:15-10:15 Exercise-Geri Fit 10:15-Monday Movie Part 1 11:15-11:45 Bingo 11:45-12:30 Lunch	27 8:30 Coffee Open Activities 9:15- Walking Club 9:30-10:30 Exercise- Geri Fit 10:30 Movie Matinee Part 2 11:15- Bingo 11:45-12:30 Lunch	28 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-Geri Fit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch	29 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- Geri Fit 10:15-Nutrition Session- Inflammation 11:15- Bingo 11:45-12:30 Lunch	30 Birthday Celebration 8:30 Coffee/Open Activities 9:15 Walking Club 9:15-10:15 Exercise - Geri Fit 10:15 Clue Murder Mystery Breakfast 11:00-11:45 Bingo 11:45-12:30 Lunch