

January

2026

Liberty Young at Heart Activities

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Happy Birthday !!!!!

1/8 Beverly T

1/9 Pat D

1/12 Randall G

1/15 Mike A

1/23 Hattie R

1/26 Linnea P



1

**CENTER
CLOSED**



2

**CENTER
CLOSED**



5 New Year 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

6

8:30 Coffee/Open Activities
 9-10 Exercise-Zumba
 9-10 Cards/Games
 10-11:30 Bingo/LCR
 11:30-12:30 Lunch

7 Birthday Celebration

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

8 Elvis Movie Day

8:30 Coffee/Open Activities
 9-10 Exercise-Zumba
 9-10 Elvis Movie
 10-11:30 Chicken Foot/Bingo/LCR
 11:30 -12:30 Lunch

9

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
 9-11 Shopping Trip
 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 Cards/Games
 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

**CENTER
CLOSED**



20 Let's Learn to Crochet

8:30 Coffee/Open Activities
 9-10 Exercise-Zumba
 9 Beginner Crochet
 10-11:15 Bingo/LCR
 11:30-12:30 Lunch

21 Snowball Games Day

8:30 Coffee/Open Activities
 9-10 Exercise-Geri-Fit
 9-10 Cards/Games
 10:00-Snowball Games/Bingo
 11:30-12:30 Lunch

22 Craft Day

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
 9-10 Cards/Games
 10-11:30 Bingo/LCR
 11:30-12:30 Lunch

26

8:30 Coffee/Open Activities
 9-10 Exercise-Geri-Fit
 9-10 Cards/Games
 10-11:30 Bingo/LCR
 11:30-12:30 Lunch

27

8:30 Coffee/Open Activities
 9-10 Exercise-Zumba
 9-11 Shopping Trip
 10-11:15 Bingo/LCR
 11:30-12:30 Lunch

28

8:30 Coffee/Open Activities
 9-10 Exercise-Geri-Fit
 10:00 Nutrition Session-Inflammation
 10:20-11:30 Bingo
 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