

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 February



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		February Birthdays Tara Waters 2/6 ** Ernestine Watson 2/9 Ray Turner 2/11 ** Mary Parker 2/19 Sara Spenser 2/19 ** Jackie Bryant 2/26 Ethelena Mattress 2/28		
2 8:30 Coffee/Open Activities 9:30-10:30 Exercise- Geri Fit 10:30-11:15 Ground Hog Talk with Park Ranger Liz 11:15-11:45 Bingo 11:45-12:30 Lunch	3 8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- Geri Fit 10:30 Appalachian Documentary 11:15 Bingo 11:45-12:30 Lunch	4 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	5 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 - Exercise- Geri Fit 10:15-Valentine Art Board 11:15- 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 -Valentine Jewelry Craft 11:15-11:45 Bingo 11:45-12:30 Lunch
9 8:30 Coffee/Open Activities 9:15-10:15 Exercise – Geri Fit 10:15 Visit from Turtle Bay 11:15-11:45 Bingo 11:45-12:30 Lunch	10 8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30- Exercise- Geri Fit 10:30-Valentine Painting 11:15 Bingo 11:45-12:30 Lunch	11 8:30 Coffee/Open Activities 9:30-10:30 Exercise-Geri Fit 10:30-National Make A Friend/Bring A Friend Day 10:30 Devotion (Optional) 11:15 Bingo & 11:45-12:30 Lunch	12 8:30 Coffee Open Activities 9:15- Walking Club 9:30-10:30 -Exercise- Geri Fit 10:30-Valentine Mugs & Love Coffee Time 11:00- 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-Love Songs w/Bobby 11:15-11:45 Valentine Bingo 11:45-12:30 Lunch
16 8:30 Coffee/Open Activities 9:30 -10:30 Ladder Ball/Corn Hole 10:30-11-Chicken Foot 11:00 -11:45 Bingo 11:45 – 12:30 Lunch	17 8:30 Coffee Open Activities 9:15 Shopping Trip 9:30-10:30 Exercise- Geri Fit 10:30 Mardi Gras Celebration 11:15 Bingo 11:45-12:30 Lunch	18 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	19 ACOG ASSESSMENTS 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- Geri Fit 10:15- Family Feud 11:15- Bingo 11:45-12:30 Lunch	20 8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise - Geri Fit 10:30 National Muffin Day Heart Healthy 11:15-11:45 Bingo 11:45-12:30 Lunch
23 8:30 Coffee/Open Activities 9:15-10:15 Exercise-Geri Fit 10:15-Movie Part 1 11:15-11:45 Bingo 11:45-12:30 Lunch	24 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	25 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	26 8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- Geri Fit 10:15-Nutrition Session-Healthy Food/Healthy Brain 11:15- Bingo 11:45-12:30 Lunch	27 8:30 Coffee/Open Activities 9:15 Walking Club 9:15-10:15 Exercise - Geri Fit 10:15 Birthday Celebration 11:00-11:45 Bingo 11:45-12:30 Lunch