

February

2026

Liberty Young at Heart Activities
 349 Edgemont Avenue | Liberty SC | 8:30 AM-2:30 PM
 864.855.3770 | Marsha Robertson, Program Coordinator



2/5 Judy M
 2/8 Elaine L
 2/19 Ethel R
 2/24 Mike P

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 |
|--|---|---|--|---|
| <p>2</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>3</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>4 1st Wednesday Breakfast</p> <p>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</p> | <p>5 Birthday Celebration</p> <p>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</p> | <p>6 National Wear Red Day</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> |
| <p>9</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>10</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:15 Bingo/LCR 11:30-12:30 Lunch</p> | <p>11</p> <p>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</p> | <p>12 Valentine's Day Celebration</p> <p>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</p> | <p>13</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> |
| <p>16</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>17 Mardi Gras Celebration</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 10-11:15 Bingo/LCR 11:30-12:30 Lunch</p> | <p>18 Ash Wednesday</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Ash Wednesday Devotional(optional) 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>19 ACOG ASSESSMENTS</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Movie- Ruby Bridges Story 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch</p> | <p>20</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> |
| <p>23</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> | <p>24</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-11 Shopping Trip 10-11:15 Bingo/LCR 11:30-12:30 Lunch</p> | <p>25</p> <p>8:30 Coffee/Open Activities 9:00 Lenten Devotional(optional) 9-10 Exercise-Geri-Fit 10:00 Nutrition Session- Healthy Food/Healthy Brain 10:20-11:30 Bingo 11:30-12:30 Lunch</p> | <p>26</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9:00 Movie- Ruby Bridges Story- Part 2 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch</p> | <p>27</p> <p>8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch</p> |