



hello



MARCH 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30-11:15 Spring Bulletin Board 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>3</p> <p>8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- GeriFit 10:30 Rain Check B-day Celebration 11:15 Bingo 11:45-12:30 Lunch</p>	<p>4</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-GeriFit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>5</p> <p>8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- GeriFit 10:15-Spring Painting Part 1 11:15-Bingo 11:45-12:30 Lunch</p>	<p>6</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:300 Exercise - GeriFit 10:30- Painting Part 2 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>9</p> <p>8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30-11:15 ACTIVITY 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>10</p> <p>8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- GeriFit 10:30 Line Dancing 11:15 Bingo 11:45-12:30 Lunch</p>	<p>11</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-GeriFit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>12</p> <p>8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- GeriFit 10:15-Spring Craft 11:15-Bingo 11:45-12:30 Lunch</p>	<p>13</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:300 Exercise - GeriFit 10:30 Cookie Class 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>16</p> <p>8:30 Coffee/Open Activities 9:30-10:00 Coffee Talk 10-11:15-Monday Movie 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>17</p> <p>8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- GeriFit 10:30 Shopping Outing 10:30- St Patty's Celebration 11:15 Bingo 11:45-12:30 Lunch</p>	<p>18</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-GeriFit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>19</p> <p>8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- GeriFit 10:15-Craft w/Jan 11:15-Bingo 11:45-12:30 Lunch</p>	<p>20</p> <p>8:30 Coffee/Open Activities 9:30-10:300 Exercise - GeriFit 10:30 Celebration of Life for Connie 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>23</p> <p>8:30 Coffee/Open Activities 9:00-10:00 Exercise-GeriFit 10:00 Guest Speaker 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>24</p> <p>8:30 Coffee Open Activities 9:15 Walking Club 9:30-10:30 Exercise- GeriFit 10:30 Line Dancing 11:15 Bingo 11:45-12:30 Lunch</p>	<p>25</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:30 Exercise-GeriFit 10:30 Devotion (Optional) 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>26</p> <p>8:30 Coffee Open Activities 9:15- Walking Club 9:15-10:15 Exercise- GeriFit 10:15-Mini Manicures 11:15-Bingo 11:45-12:30 Lunch</p>	<p>27</p> <p>8:30 Coffee/Open Activities 9:15 Walking Club 9:30-10:300 Exercise - GeriFit 10:30 Easter Craft 11:00-11:45 Bingo 11:45-12:30 Lunch</p>
<p>30</p> <p>8:30 Coffee/Open Activities 9:30-10:30 Exercise-GeriFit 10:30-11:30- Iccream Social 11:15-11:45 Bingo 11:45-12:30 Lunch</p>	<p>31</p> <p>8:30 Coffee Open Activities 9:15- Walking Club 9:30-10:30 Exercise- GeriFit 10:30-Line Dancing 11:15-Bingo 11:45-12:30 Lunch</p>	<p>Available Daily 8:30 AM-1:00 PM 9:15- Walking Club</p> <p>Individual/Small Group Activities Board/Table Games - Crafts –Playing Cards -Jigsaw Puzzles - Reading – Pool Table –Outdoor Games(weather permitting)</p>		