



# WELCOME APRIL 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  |
|--|---|---|--|---|
| <b>Available Daily 8:30 AM-1:00 PM</b><br><b>Individual/Small Group Activities</b><br><b>Board/Table Games - Crafts –Playing Cards -Jigsaw Puzzles - Reading – Pool Table</b><br><b>Outdoor Games (weather permitting)</b> |   | <b>1</b><br>8:30 Coffee/Open Activities<br>9:15 <b>Fill Easter Eggs</b><br>9:30-10:30 Exercise- Geri Fit<br>10:30 – Devotion (Optional)<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch | <b>2</b><br>8:30 Coffee Open Activities<br>9:15- Walking Club<br>9:15-10:15 - Exercise- Geri Fit<br>10:15- <b>Easter Music w/Special Guest</b><br>11:15-Bingo<br>11:45-12:30 Lunch | <b>3 8:30</b><br><br><b>Closed</b><br><b>Good Friday</b>  |
| <b>6</b><br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise-Geri Fit<br>10:30-11:15 April Bulletin Board<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch  | <b>7 8:30</b> Coffee Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise- Geri Fit<br>10:30 - <b>Chicken Foot/ Rummikub</b><br>11:00 Show N Tell<br>11:15 Bingo<br>11:45-12:30 Lunch                    | <b>8</b><br>8:30 Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise-Geri Fit<br>10:30 - Devotion (Optional)<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch             | <b>9</b><br>8:30 Coffee Open Activities<br>9:15- Walking Club<br>9:15-10:15 - Exercise- Geri Fit<br>10:15- <b>Line Dancing</b><br>11:15-Bingo<br>11:45-12:30 Lunch                 | <b>10 8:30</b> Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise - Geri Fit<br>10:30 <b>Farm Animals w/Brandon</b><br>11:00-11:45 Bingo<br>11:45-12:30 Lunch |
| <b>13</b><br>8:30 Coffee/Open Activities<br>9:30-10:30 Exercise Geri Fit<br>10:30-11:15- Trivia Word Games/Name That Tune<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch  | <b>14 8:30</b> Coffee Open Activities<br>9:15 <b>Walking Club</b><br>9:30-10:30- Exercise- Geri Fit<br>10:30- <b>National Gardening Day Tips w/ Breanna from Clemson Ag</b><br>11:15 Bingo<br>11:45-12:30 Lunch | <b>15</b><br>8:30 Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise-Geri Fit<br>10:30 Devotion (Optional)<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch              | <b>16 8:30</b> Coffee Open Activities<br>9:15- Walking Club<br>9:15-10:15 -Exercise- Geri Fit<br>10:15- <b>Popcorn &amp; Movie Part 1</b><br>11:15-Bingo<br>11:45-12:30 Lunch      | <b>17 8:30</b> Coffee/Open Activities<br>9:15- Walking Club<br>9:30-10:30 Exercise - Geri Fit<br>10:30- <b>Movie Part 2</b><br>11:15-11:45 Bingo<br>11:45-12:30 Lunch         |
| <b>20</b><br>8:30 Coffee/Open Activities<br>9:30-10:30 Ladder- Ball<br>10:30-11:00 Nutrition Session<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch   | <b>21</b><br>8:30 Coffee Open Activities<br>9:15 <b>Shopping Trip</b><br>9:30-10:30 Exercise- Geri Fit<br>10:30 <b>Cardio Drumming</b><br>11:15 Bingo<br>11:45-12:30 Lunch                                      | <b>22</b><br>8:30 Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise-Geri Fit<br>10:30 Devotion (Optional)<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch              | <b>23</b><br>8:30 Coffee Open Activities<br>9:15- Walking Club<br>9:15-10:15 Exercise- Geri Fit<br>10:15- <b>Spring Painting Part 1</b><br>11:15-Bingo<br>11:45-12:30 Lunch        | <b>24</b><br>8:30 Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise - Geri Fit<br>10:30 <b>Painting Part 2</b><br>11:15-11:45 Bingo<br>11:45-12:30 Lunch     |
| <b>27 Birthday Celebration</b><br>8:30 Coffee/Open Activities<br>9:15-10:15 Exercise-Geri Fit<br>10:15- <b>Magic Man &amp; Birthday Celebration</b><br>11:15-11:45 Bingo<br>11:45-12:30 Lunch                              | <b>28</b><br>8:30 Coffee Open Activities<br>9:15- Walking Club<br>9:30-10:30 Exercise- Geri Fit<br>10:30 <b>Cardio Drumming</b><br>11:15-Bingo<br>11:45-12:30 Lunch   | <b>29</b><br>8:30 Coffee/Open Activities<br>9:15 Walking Club<br>9:30-10:30 Exercise-Geri Fit<br>10:30 Devotion (Optional)<br>11:15-11:45 Bingo<br>11:45-12:30 Lunch              | <b>30</b><br>8:30 Coffee Open Activities<br>9:15- Walking Club<br>9:15-10:15 Exercise- Geri Fit<br>10:15- <b>Surprise Bingo</b><br>11:15-Bingo<br>11:45-12:30 Lunch                | <b>April Birthdays</b><br><b>Gene 4/2</b><br><b>Leonard 4/2</b><br><b>Keith 4/14</b><br><b>Lynn 4/14</b><br><b>Russell 4/16</b>   |