2026 NOVEMBER

young at heart DINING & ACTIVITY CENTER

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
2 8:30 Coffee/Open Activities 9:15-10:15 Exercise Geri Fit 10:15-11:15- Senior Activity Meeting/Current Events 11:15- Bingo 11:45-12:30 Lunch	3 8:30 Coffee 0pen Activities 9:15 Walking Club 9:15-10:15 Exercise- Geri Fit 10:30-Family Feud 11:15 Bingo 11:45-12:30 Lunch	4 8:30 Coffee/Open Activities 9:15 Walking Club /Garden Club 9:30-10:30 Exercise-Geri Fit 10:30 – Devotion 11:15-11:45 Bingo 11:45-12:30 Lunch	5 8:30 Coffee 0pen Activities 9:15- Walking Club 9:30-10:30 - Exercise- Geri Fit 10:30 – Chicken Foot-Rummikub 11:00- Decoration 11:15-Bingo 11:45-12:30 Lunch	6 8:30 Coffee 0pen Activities 9:15- Walking Club 9:30-10:30 -Exercise- Geri Fit 10:30 –Show N Tell 11:15-Bingo 11:45-12:30 Lunch
9 8:30 Coffee/Open Activities 9:15-10:15 Exercise Geri Fit 10:15-11:15-Festival of Trees 11:15- Bingo 11:45-12:30 Lunch	10 GUEST SPEAKER 8:30 Coffee 0pen Activities 9:15 Walking Club 9:15-10:15 Exercise- Geri Fit 10:15 High Falls County Park 11:15 Bingo 11:45-12:30 Lunch	11 8:30 Coffee/Open Activities 9:15 Walking Club /Garden Club 9:15-10:15 Exercise-Geri Fit 10:15 –Mini Manicures 11:15-11:45 Bingo 11:45-12:30 Lunch	12 8:30 Coffee 0pen Activities 9:15- Walking Club 9:30-10:30 - Exercise- Geri Fit 10:30 Thankful Gift Swap 11:15-Bingo 11:45-12:30 Lunch	13 8:30 Coffee/Open Activities 9:15 Walking Club/Garden Club 9:15-10:15 Exercise - Geri Fit 10:15 Envision Dental Nutrition Session- Oral Hygiene 11:00-11:45 Bingo 11:45-12:30 Lunch
16 8:30 Coffee/Open Activities 9:15-10:15 Exercise Geri Fit 10:15-11:15- Cake/Dessert Walk 11:15- Bingo 11:45-12:30 Lunch	17 8:30 Coffee 0pen Activities 9:15 Shopping Day 9:30-10:30- Exercise- Geri Fit 10:30- Movie and Popcorn 11:15 Bingo 11:45-12:30 Lunch	18 Joint Thanksgiving Luncheon in Liberty 10:00 am BINGO – 1 FREE CARD SPECIAL PRIZES 11:30 LUNCH with Special Guest Music	19 9:30 ACOG ASSESSMENTS 8:30 Coffee 0pen Activities 9:15- Walking Club 9:30-10:30 -Exercise- Geri Fit 10:30- Craft Time Part 1 11:15-Bingo 11:45-12:30 Lunch	20 8:30 Coffee/Open Activities 9:15- Walking Club 9:15-10:15 Exercise - Geri Fit 10:15-11:15 Silver Shield Program 11:15-11:45 Bingo 11:45-12:30 Lunch
23 Birthday Celebration 8:30 Coffee/Open Activities 9:15-10:15 Exercise-Geri Fit 10:15 -11:15 Craft Time 11:15 Bingo 11:45-12:30 Lunch	24 8:30 Coffee 0pen Activities 9:15- Walking Club 9:15-10:15 Exercise- Geri Fit 10:15 Movie Time 11:15 Bingo 11:45-12:30 Lunch	25 8:30 Coffee Open Activities 9:15 –10:15 Exercise Gerifit 10:15-111;5 Thankful for Friends- Bring A Friend 11;15 Bingo 11:45 Lunch	26 Happy Thanksgiving! Young at Heart Center Closed	27  Young at Heart Center Closed
30 8:30 Coffee/Open Activities 9:00-10:00 Geri Fit Exercise 10:30-11 :15 Seasonal Change and Decorating 11:30 - Bingo 11:45-12:30 Lunch	Joint Thanksgiving will be held at the McKissick Center 349 Edgemont Avenue Liberty	AVAILABLE DAILY 8:30AM – 1:30PM INDIVIDUAL/SMALL GROUP ACTIVITIES BOARD/TABLE GAMES, PLAYING CARDS – PUZZLES POOL TABLE HAPPY BIRTHDAY TO: Alan C. 1/10, James S. 11/15		