



Easley Young at Heart Activities  
 250 Burns Road | Easley SC | 8:30 AM-5:00 PM  
 864.614.1280 | Jeanna Sevic, Site Coordinator  
 Ashley Fisher, Site Coordinator



| MONDAY                                                                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Can you believe it?</b><br/> <b>We've been open for an entire year!</b></p>                                                                                                                                                                     | <p><b>1</b><br/> <b>8:30-9:30</b> Exercise-Geri-Fit<br/> <b>10:30-11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>2:00</b> Card and Board Games</p>                      | <p><b>2</b><br/> <b>10:30-11:30</b> Tai Chi<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00- BYO Craft Club</b><br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>                                             | <p><b>3</b><br/> <b>8:30-9:30</b> Exercise-Geri-Fit<br/> <b>9:30 Crafts-Patriotic Bracelets</b><br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise- Tai Chi<br/> <b>1:00 Mahjong</b><br/> <b>2:00</b> Card and Board Games</p>                                                                                                               | <p><b>4</b><br/> <b>10:30-11:30</b> Tai-Chi<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>12:45 Bridge/Card Club</b><br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>           |
| <p><b>7 Center Closed</b><br/> <b>Happy Labor Day!</b></p>                                                                                                                                                                                            | <p><b>8 ACOG ASSESSMENTS</b><br/> <b>9:30-10:30</b> Exercise- Zumba Gold<br/> <b>10:30-11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>2:00</b> Card and Board Games</p> | <p><b>9</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>9:30-11:00 Shopping Trip*</b><br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>                               | <p><b>10</b><br/> <b>9:30-10:30</b> Exercise-Zumba Gold<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>1:00 Mahjong</b><br/> <b>2:00</b> Card and Board Games</p>                                                                                                                                                       | <p><b>11</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>12:45 Bridge/Card Club</b><br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p> |
| <p><b>14</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30-11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00 Young at Heart Book Club</b><br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>        | <p><b>15</b><br/> <b>9:30-10:30</b> Exercise-Zumba Gold<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>2:00</b> Card and Board Games</p>                 | <p><b>16</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00- BYO Craft Club</b><br/> <b>1:00-2:00</b> Exercise- Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>                                   | <p><b>17 Dining Music with Roger</b><br/> <b>9:30-10:30</b> Exercise<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise- Tai Chi<br/> <b>1:00 Mahjong</b><br/> <b>2:00</b> Card and Board Games</p>                                                                                                                                          | <p><b>18</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>12:45 Bridge/Card Club</b><br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p> |
| <p><b>21</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:00 -10:40 Bingo</b><br/> <b>10:45 Nutrition Session-Protein</b><br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>     | <p><b>22</b><br/> <b>9:30-10:30</b> Exercise- Zumba Gold<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>2:00</b> Card and Board Games</p>                | <p><b>23</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30-11:30 Birthdays and Bingo</b><br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>                                                       | <p><b>24</b><br/> <b>9:30-10:30</b> Exercise- Zumba Gold<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise- Tai Chi<br/> <b>1:00 Mahjong</b><br/> <b>2:00</b> Card and Board Games</p>                                                                                                                                                      | <p><b>25</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>12:45 Bridge/Card Club</b><br/> <b>1:00-2:00</b> Exercise Geri-Fit<br/> <b>2:00</b> Card and Board Games</p>  |
| <p><b>28</b><br/> <b>9:30-10:30</b> Exercise- Geri-Fit<br/> <b>9:30 Crafts</b><br/> <b>10:30-11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Geri-Fit<br/> <b>2:00</b> Card and Board Games<br/> <b>2:15 Crafts</b></p> | <p><b>29</b><br/> <b>9:30-10:30</b> Exercise-Zumba Gold<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>1:00-2:00</b> Exercise -Tai Chi<br/> <b>2:00</b> Card and Board Games</p>                 | <p><b>30</b><br/> <b>9:30-10:30</b> Exercise-Geri-Fit<br/> <b>10:30 -11:30</b> Bingo<br/> <b>11:45-12:45</b> Lunch<br/> <b>12:45 Pool Tournament</b><br/> <b>1:00- BYO Craft Club</b><br/> <b>1:00-2:00</b> Exercise- Geri-Fit<br/> <b>2:00</b> Card and Board Games</p> | <p><b>Available Daily 8:30AM-5:00PM</b><br/> <b>Coffee/Tea Bar, Individual/Small Group Activities</b><br/> <b>Board/Table Games, Playing Cards</b><br/> <b>Jigsaw Puzzles, Reading/Shared Library, Pool Table</b><br/> <b>More information can be found on the bulletin board!</b><br/> <b>*See Jeanna or Ashley to sign up for shopping trip-</b><br/> <b>seats are limited-</b></p> |                                                                                                                                                                                                                                          |