young at heart DINING & ACTIVITY CENTER

NOVEMBER 2026

Easley Young at Heart Activities
250 Burns Road | Easley SC | 8:30 AM-4:00 PM
864.614.1280 | Jeanna Sevic, Site Coordinator
Ashley Fisher, Site Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:30-10:30** Exercise-Geri-Fit **10:30-11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **2:00** Card and Board Games	**3** **9:30-10:30** Exercise- Zumba Gold **9:30-11:00 Local Shopping Trip** **10:30-11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Tai Chi **2:00** Card and Board Games	**4 Guest Speaker** **9:30-10:30** Exercise-Geri-Fit **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **1:30 Hospice & Palliative Care with Paint & Sip**	**5** **9:30-10:30** Exercise-Zumba Gold **10:00-10:45** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise- Tai Chi **2:00** Card and Board Games	**6** **9:30-10:30** Exercise-Geri-Fit **10:30 -11:30** Bingo **11:45-12:45** Lunch **12:45 Bridge/Card Club** **1:00-2:00** Exercise -Geri-Fit **2:00** Card and Board Games
9 **9:30-10:30** Exercise-Geri-Fit **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **1:30 Young at Heart Book Club** **2:00** Card and Board Games	**10 ACOG ASSESSMENTS** **9:30-10:30** Exercise- Zumba Gold **10:30-11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Tai Chi **2:00** Card and Board Games	**11 Veterans Day** **9:30-10:30** Exercise-Geri-Fit **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **2:00- BYO Craft Club** **2:00** Card and Board Games	**12** **9:30-10:30** Exercise-Zumba Gold **9:30 Crafts- Thanksgiving Cards** **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Tai Chi **1:00 Mahjong** **2:00** Card and Board Games	**13** **9:30-10:30** Exercise-Geri-Fit **10:30 -11:30** Bingo **11:45-12:45** Lunch **12:45 Bridge/Card Club** **1:00-2:00** Exercise -Geri-Fit **2:00** Card and Board Games
16 GUEST SPEAKER **9:30-10:30** Exercise-Geri-Fit **10:00-10:45** Bingo **11:00 Fall Prevention with Kailee Wood, DPT** **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit	**17** **9:30-10:30** Exercise-Zumba Gold **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Tai Chi **2:00** Card and Board Games	**18** **11:45 Joint Thanksgiving Luncheon in Liberty*** **Easley Young at Heart Center Closed**	**19** **9:30-10:30** Exercise-Zumba Gold **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise- Tai Chi **1:00 Mahjong** **2:00** Card and Board Games	**20 Guest Speaker** **9:30-10:30** Exercise-Geri-Fit **10:00-10:45** Bingo **11:00 Oral Health with Dr. Dan Petersen** **11:45-12:45** Lunch **12:45 Bridge/Card Club** **1:00-2:00** Exercise -Geri-Fit
23 **9:30-10:30** Exercise-Geri-Fit **10:30-11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **2:00** Card and Board Games	**24** **9:30-10:30** Exercise- Zumba Gold **9:30 Holiday Wood Crafts** **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Tai Chi **2:00** Card and Board Games	**25** **9:30-10:30** Exercise-Geri-Fit **10:30 -11:30** Bingo **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **2:00- BYO Craft Club** **2:00** Card and Board Games	**26 Happy Thanksgiving!** **Young at Heart Center Closed**	**27**  **Young at Heart Center Closed**
30 **9:30-10:30** Exercise-Geri-Fit **10:30-11:30 Birthdays & Bingo** **11:45-12:45** Lunch **1:00-2:00** Exercise -Geri-Fit **2:00** Card and Board Games				

***Our Joint Thanksgiving Luncheon will be held at The McKissick Center 349 Edgemont Ave. Liberty, SC**

Available Daily 8:30AM-4:00PM
Coffee/Tea Bar, Individual/Small Group Activities, Board/Table Games, Playing Cards, Jigsaw Puzzles, Reading/Shared Library, Pool Table
More information can be found on the bulletin board!