NOVEMBER 2026

Liberty Young at Heart Activities
349 Edgemont Avenue | Liberty SC
8:30 AM-2:30 PM 864.855.3770
Marsha Robertson, Program Coordinator

young at heart
DINING & ACTIVITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	**3** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10 Bingo/LCR 10:00 Mahjong 11:30-12:30 Lunch	**4** 8:30 Coffee/Open Activities NO EXERCISE TODAY 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	**5** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	**6** 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
9 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	**10** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 9:30 Shopping Trip 10:00 Mahjong 11:30-12:30 Lunch	**11 Birthday Celebration** 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	**12 Christmas Craft** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch	**13 Christmas Craft** 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
16 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	**17** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10 Bingo/LCR 10:00 Mahjong 11:30-12:30 Lunch	**18 Young at Heart Thanksgiving Luncheon** 8:30 Coffee/Open Activities NO EXERCISE TODAY 9-10 Cards/ Table Games 10:30 – 11:30 Bingo 11:45 Thanksgiving Luncheon	**19 ACOG Assessments** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 10-11:30 Chicken Foot/Bingo/LCR 11:30 -12:30 Lunch and Learn Oral Health with Southern Smiles Dentistry	**20** 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch
23 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	**24** 8:30 Coffee/Open Activities 9-10 Exercise-Zumba 9-10 Cards/Games 9:30 Shopping Trip 10:00 Mahjong 11:30-12:30 Lunch	**25** 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10:00-11:30 Bingo/LCR 11:30-12:30 Lunch	**26 CENTER CLOSED** 	**27 CENTER CLOSED** 
30 8:30 Coffee/Open Activities 9-10 Exercise-Geri-Fit 9-10 Cards/Games 10-11:30 Bingo/LCR 11:30-12:30 Lunch	**Available Daily 8:30 AM-2:30 PM** **Individual/Small Group Activities** **Board/Table Games** **Playing Cards – Jigsaw Puzzles** **Reading – Pool Table**			**11/2 Nancy G** **11/2 Sabrina K** **11/11 Denise T** **11/13 James M** **11/19 Crystal L** **11/26 William D**