



February 2018 Bishop Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Exercise 11:30-12:00 What's In It 12:00-1:00 Lunch 1:00-2:00 Dice Games	2.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 BINGO
5.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Board Games	6.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Exercise 11:30-12:00 Hangman 12:00-1:00 Lunch 1:00-2:00 Memory Card Game	7.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Courtney visits 12:00-1:00 Lunch 1:00-1:30 Silent Line-Up 1:30-2:00 Toss and Talk	8.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Who's Who 11:30-12:00 Exercise 12:00-1:00 Lunch 1:00-2:00 Uno	9.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Valentines for Vet's
12.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Card Games	13.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Exercise 11:20-12:00 Black Trivia 12:00-1:00 Lunch 1:00-2:00 Candy Heart Bingo	14.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Hangman	15.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Stretching 11:30-12:00 Movin and Groovin 12:00-1:00 Lunch 1:00-2:00 Simon Says/ Charades	16.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 The People's Choice
19.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Toss and Talk, Charades	20.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Stretching 11:30-12:00 Hot Potato 12:00-1:00 Lunch 1:00-2:00 Uno	21.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Spelling Bee/ Word Puzzles (Nutrition Education)	22.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Pep In Your Step 11:30-12:00 Hot Potato 12:00-1:00 Lunch 1:00-2:00 Name That Tune	23.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Board Games
26.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-2:00 Hangman/Memory Card Game	27.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Exercise 11:30-12:00 Crosswords 12:00-1:00 Lunch 1:00-2:00 Simon Says	28.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Arthritis Exercise 12:00-1:00 Lunch 1:00-1:30 Toss and Talk 1:30-2:00 Movin and Groovin	Bishop Avenue Wellness Center 6429 Bishop Avenue Columbia, SC 29203 Phone: 803-252-7734 Hours: 10AM-2PM	 Senior Resources <small>Empowering seniors to remain healthy & independent</small>