

## February 2018 Blythewood Wellness Center Calendar

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
|   |  |   | 1.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Courtenay visits<br>12:00-1:00 Lunch<br>1:00-2:00 Charades        | 2.)<br>Center Closed  |
| 5.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-11:30 Movin and Groovin<br>11:30-12:00 Talk and Toss<br>12:00-1:00 Lunch<br>1:00-2:00 Valentines for Vets | 6.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Cup Stacking  | 7.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Hangman                            | 8.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Spelling Bee  | 9.)<br>Center Closed  |
| 12.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Pep In Your Step<br>12:00-1:00 Lunch<br>1:00-2:00 Name That Tune                                   | 13.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Hot Potato   | 14.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Uno                               | 15.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Uno          | 16.)<br>Center Closed   |
| 19.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Sittercize<br>12:00-1:00 Lunch<br>1:00-2:00 The People's Choice                                    | 20.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Hangman      | 21.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Hot Potato<br>Nutrition Education | 22.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Black Trivia | 23.)<br>Center Closed   |
| 26.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Pep In Your Step<br>12:00-1:00 Lunch<br>1:00-2:00 Hot Potato                                       | 27.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Arthritis Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Cup Stacking | 28.)<br>10:00-10:30 Meet and Greet<br>10:30-11:00 Inspiration Moment<br>11:00-12:00 Stretching/Exercise<br>12:00-1:00 Lunch<br>1:00-2:00 Charades               | Blythewood Wellness Center<br>1424 Marthan Road<br>Blythewood, SC 29016<br>Phone: 803-252-7734<br>Hours: 10AM-2PM                                    | <br><b>Senior Resources</b><br><small>Empowering seniors to remain healthy &amp; independent</small> |