

February 2018 Eastover Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Courtenay visits 12:00-1:00 Lunch 1:00-2:00 Charades	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 Board Games
5.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-11:30 Movin and Groovin 11:30-12:00 Talk and Toss 12:00-1:00 Lunch 1:00-2:00 Valentines for Vets	6.) 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 Cup Stacking	7.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Exercise 12:00-1:00 Lunch 1:00-2:00 Hangman	8.) 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	9.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Exercise 12:00-1:00 Lunch 1:00-2:00 Memory Card Game
12.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Pep In Your Step 12:00-1:00 Lunch 1:00-2:00 Name That Tune	13.) 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 Hot Potato	14.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Exercise 12:00-1:00 Lunch 1:00-2:00 Uno	15.) 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 Uno	16.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Stretching and Exercise 12:00-1:00 Lunch 1:00-2:00 Board Games
19.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Sittercize 12:00-1:00 Lunch 1:00-2:00 The People's Choice	20.) 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	21.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Exercise 12:00-1:00 Lunch 1:00-2:00 Hot Potato	22.) 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 Black Trivia Nutrition Education	23.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Wellness Walk 12:00-1:00 Lunch 1:00-2:00 Memory Card Game
26.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Pep In Your Step 12:00-1:00 Lunch 1:00-2:00 Hot Potato	27.) 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 Cup Stacking	28.) 10:00-10:30 Meet and Greet 10:30-11:00 Inspiration Moment 11:00-12:00 Stretching/Exercise 12:00-1:00 Lunch 1:00-2:00 Charades	Eastover Wellness Center 117 Henry Street Eastover, SC 29044 Phone: 803-363-3275 Hours: 10AM-2PM	 Senior Resources <small>Empowering seniors to remain healthy & independent</small>