

Blythewood 2018 Blythewood Wellness Center Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 3). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Move and Groove 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hint | 4). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Cup Stacking 12:00-12:45 Lunch 12:45-1:30 Simon Says/ Color 1:30-1:45 Healthy Hint | 5). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Art and Crafts 12:00-12:45 Lunch 12:45-1:30 Cards 1:30-1:45 Healthy Hint | 6). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Pick- Up Pairs 1:30-1:45 Healthy Hint | 7). <b style="color: red;">Center closed |
| 10). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Initial It 1:30-1:45 Healthy Hint | 11). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Santa's Sac 12:00-12:45 Lunch 12:45-1:30 Connect 4 1:30-1:45 Healthy Hint | 12). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Christmas Trivia 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hints | 13). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Move and Groove 11:30-12:00 Arts and Crafts 12:00-12:45 Lunch 12:45-1:30 Bingo 1:30-1:45 Healthy Hint | 14). <b style="color: red;">Center closed |
| 17). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Cup Stacking 12:00-12:45 Lunch 12:45-1:30 Simon Says/ Color 1:30-1:45 Healthy Hints | 18). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Relays 12:00-12:45 Lunch 12:45-1:30 Simon and Perfection 1:30-1:45 Healthy Hint | 19). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Move and Groove 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hint | 20). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Hangman 12:00-1:00 Lunch 1:00-1:30 Pin Ball/ Tic Tac Toe 1:30-1:45 Healthy Hint | 21). <b style="color: red;">Center closed |
| 24). <b style="color: red; text-align: center;">Center Closed | 25). <b style="color: red; text-align: center;">Center Closed Merry Christmas | 26). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Hangman 12:00-1:00 Lunch 1:00-1:30 Pin Ball/ Tic Tac Toe 1:30-1:45 Healthy Hint | 27). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Relays 12:00-12:45 Lunch 12:45-1:30 Initial It 1:30-1:45 Healthy Hint | 28). <b style="color: red;">Center closed |
| 31). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Move and Groove 11:30-12:00 Bean Bag Toss 12:00-1:00 Lunch 1:00-1:30 Word Search 1:30-1:45 Healthy Hint |  | Blythewood Wellness Center 1424 Marthan Rd Blythewood, SC 29016 Phone: 803-252-7734 Hours 10 am- 2pm |  |  Senior Resources |