


December 2018 Hopkins 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). 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
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). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Arts and Crafts 12:00-12:45 Lunch 12:45-1:30 Perfection 1:30-1:45 Healthy Hint
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). 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
Center Closed	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). 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 Hint
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		Hopkins Wellness Center 150 Hopkins Park Road Hopkins, SC 29061 Phone: 803-252-7737 Hours: 10am-2pm	