



## January 2019 Bishop Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1). <b>Center Closed!</b>	2). 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	3). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Guesitures 12:00-12:45 Lunch 12:45-1:30 Pick- Up Pairs 1:30-1:45 Healthy Hint	4). 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
7). 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 Fast 5 1:30-1:45 Healthy Hint	8). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Bowling 12:00-12:45 Lunch 12:45-1:30 Connect 4 1:30-1:45 Healthy Hint	9). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Spirographs 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hints	10). 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	11). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Perfection 1:30-1:45 Healthy Hint
14). 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 Hints	15). 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	16). 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	17). 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	18). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Guesitures 12:00-12:45 Lunch 12:45-1:30 Pick- Up Pairs 1:30-1:45 Healthy Hint
21). <b>Center Closed!</b> 	22). 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	23). 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	24). 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 Fast 5 1:30-1:45 Healthy Hint	25). 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
28). 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 Fast 5 1:30-1:45 Healthy Hint	29). 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 Go Fish 1:30-1:45 Healthy Hint	30). 4). 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 Bingo 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 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hint	<b>Bishop Wellness Center</b> <b>6429 Bishop Avenue</b> <b>Columbia, SC 29203</b> <b>Phone: 803-252-7737</b> <b>Hours: 10am-2pm</b>