



January 2019 Blythewood Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resources</p>	4). Center Closed!	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	3). 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	4). Center closed
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 Simon/Peg 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). Center closed
14). 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	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). Center closed
21). Center Closed! 	22). 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 Pick up pairs 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). Center closed
28). 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 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 Exercise 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Go Fish 1:30-1:45 Healthy Hint	30). 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	31). 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 Hangman 1:30-1:45 Healthy Hint	Blythewood Wellness Center 1424 Marthan Rd Blythewood, SC 29016 Phone: 803-252-7734 Hours 10 am- 2pm