



March 2019 Bishop Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Senior Resources</p>	<p>Bishop Wellness Center 6429 Bishop Avenue Columbia, SC 29203 Phone: 803-252-7737 Hours: 10am-2pm</p>			<p>1). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:45 Color/ Cards</p>
<p>4). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Brain Busters 12:00-12:45 Lunch 12:45-1:45 Board Games</p>	<p>5). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Client Choice 12:00-12:45 Lunch 12:45-1:45 Hangman</p>	<p>6). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Pep In Your Step 11:30-12:00 Fast 5 12:00-12:45 Lunch 12:45-1:30 Concentration</p>	<p>7). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:45 Bingo</p>	<p>8). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 L-C-R Right 12:00-12:45 Lunch 12:45-1:45 Spirographs</p>
<p>11). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Pep In Your Step 11:30-12:00 Fast 5 12:00-12:45 Lunch 12:45-1:30 Concentration</p>	<p>12). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Walking 11:30-12:00 Cup Stacking 12:00-12:45 Lunch 12:45-1:45 Connect 4</p>	<p>13). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:45 Color/ Cards</p>	<p>14). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Client Choice 12:00-12:45 Lunch 12:45-1:45 Hangman</p>	<p>15). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Brain Busters 12:00-12:45 Lunch 12:45-1:45 Board Games</p>
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