



March 2019 Hopkins Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	Hopkins Wellness Center 150 Hopkins Park Road Hopkins, SC 29061 Phone: 803-252-7737 Hours: 10am-2pm			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
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	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	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	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	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
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	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	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	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	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
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