


April 2019 Eastover Wellness Center Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 exercise 11:30-12:00 Family Feud 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>2). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:45 Pinball</p> | <p>3). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Weights 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Dominoes</p> | <p>4). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Name Game Toss 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 Stretch Bands 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:45 Tic Tac Toe/ Peg Boards</p> |
| <p>8). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch</p> | <p>9). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-12:00 Easter Crafts 12:00-12:45 Lunch 12:45-1:45 Hangman</p> | <p>10). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Family Feud 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>11). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:45 Tic Tac Toe/ Peg Boards</p> | <p>12). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Name Game Toss 12:00-12:45 Lunch 12:45-1:45 Board Games</p> |
| <p>15). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Name Game Toss 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>16). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Exercise 11:30-12:00 Family Feud 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>17). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-12:00 Bunny Bingo 12:00-12:45 Lunch 12:45-1:45 Hangman</p> | <p>18). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Weights 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Dominoes</p> | <p>19). Center Closed Good Friday</p> |
| <p>22). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:45 Tic Tac Toe/ Peg Boards</p> | <p>23). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Name Game Toss 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>24). 10:00-10:30 Meet and Greet 10:30-11:00 Nutrition Ed. 11:00-11:30 Exercise 11:30-12:00 Family Feud 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>25). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:45 Pinball</p> | <p>26). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Weights 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Dominoes</p> |
| <p>29). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Sittercize 11:30-12:00 Name Game Toss 12:00-12:45 Lunch 12:45-1:45 Board Games</p> | <p>30). 10:00-10:30 Meet and Greet 10:30-11:00 Devotion 11:00-11:30 Stretch Bands 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:45 Tic Tac Toe/ Peg Boards</p> |  |  | <p style="text-align: center;">Eastover Wellness Center 117 Henry Street Eastover, SC 29044 Phone: 803-353-3257 Hours: 10am-2pm</p> |