



## September 2019 Wellness Calendar- Bishop Avenue Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2).</p>  <p><b>Labor Day Center Closed</b></p>	<p>3).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Brain Buster 11:30-12:00 Pep in your Step 12:00-12:45 Lunch 12:45-1:30 Checkers/Connect 4 1:30-1:45 Simon Says</p>	<p>4).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Beach Volleyball 11:30-12:00 3 Pin Bowling 12:00-12:45 Lunch 12:45-1:30 Exercise/Uno 1:30-1:45 Quote of the Day</p>	<p>5).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Word Search 11:30-12:00 Password 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Healthy Hint</p>	<p>6).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Perfection/Old Maid 1:30-1:45 Point to Ponder</p>
<p>9).</p> <p>10:00-11:00 Coffee and Devotion 11:00-12:00 Client's Choice 12:00-12:45 Lunch 12:45-1:30 Topple/Tic Tac Toe 1:30- 1:45 Nutrition News</p>	<p>10).</p> <p>10:00-11:00 Coffee and Devotion 11:00- 11:30 Sittercize 11:30- 12:00 Bingo 12:00-12:45 Lunch 12:45-1:30 Shut The Box/Color 1:30- 1:45 Current Events</p>	<p>11).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Crossword Puzzle 11:30- 12:00 Guesstures 12:00- 12:45- Lunch 12:45- 1:30 Cards/Coloring 1:30- 1:45 Joke of the Day</p>	<p>12).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Brain Buster 11:30-12:00 Pep in your Step 12:00-12:45 Lunch 12:45-1:30 Checkers/Connect 4 1:30-1:45 Simon Says</p>	<p>13).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Fast Five 11:30-12:00 Line Dancing/Walk 12:00-12:45 Lunch 12:45-1:30 Cup Stacking 1:30-1:45 Charades</p>
<p>16).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Beach Volleyball 11:30-12:00 3 Pin Bowling 12:00-12:45 Lunch 12:45-1:30 Exercise/Uno 1:30-1:45 Quote of the Day</p>	<p>17).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Word Search 11:30-12:00 Password 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Healthy Hint</p>	<p>18).</p> <p>10:00-11:00 Coffee and Devotion 11:00-12:00 Client's Choice 12:00-12:45 Lunch 12:45-1:30 Topple/Tic Tac Toe 1:30- 1:45 Nutrition News</p>	<p>19).</p> <p>10:00-11:00 Coffee and Devotion 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Cards/Coloring 1:30- 1:45 Joke of the Day</p>	<p>20).</p> <p>10:00-11:00 Coffee and Devotion 11:00-11:30 Stretching 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Perfection/Old Maid 1:30-1:45 Point to Ponder</p>
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<p>30).</p> <p>10:00-11:00 Coffee and Devotion 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Cards/Coloring 1:30- 1:45 Joke of the Day</p>			<p><b>Bishop Avenue WC</b> 6429 Bishop Avenue Columbia, SC 29203 10:00am-2:00pm Phone:(803) 252-7734</p>	