



March 2020 Eastover Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring 1:30-1:45 Wellness Tip	3). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Dominoes 1:30-1:45 Points to Ponder	4). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Fast 5 1:30- 1:45 Joke of the Day	5). 10:00-11:00 Coffee and Socializing 11:00-11:30 Stretching 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Checkers 1:30-1:45 Nutrition News	6). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Joke of the Day
9). 10:00-11:00 Coffee and Socializing 11:00-11:30 Movin' and Groovin' 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Family Feud 1:30- 1:45 Current Events	10). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Tic Tac Toe/ Cards 1:30- 1:45 Joke of the Day	11). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep in your Step 11:30-12:00 Concentration 12:00- 12:45 Lunch 12:45- 1:30 Hangman 1:30- 1:45 Wellness Tip	12). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring 1:30-1:45 Points to Ponder	13). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Dominoes 1:30-1:45 Nutrition News
16). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Checkers 1:30- 1:45 Joke of the Day	17). 10:00-11:00 Coffee and Devotion 11:00-11:30 Sittercize 11:30-12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Current Events	18). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Bingo 12:00-12:45 Lunch 12:45-1:30 Fast 5 1:30- 1:45 Points to Ponder	19). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Tic Tac Toe/ Cards 1:30- 1:45 Nutrition News	20). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring 1:30-1:45 Wellness Tip
23). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Dominoes 1:30-1:45 Points to Ponder	24). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Concentration 1:30- 1:45 Joke of the Day	25). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Current Events	26). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Checkers 1:30- 1:45 Nutrition News	27). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Tic Tac Toe/ Cards 1:30- 1:45 Nutrition News
30). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring 1:30-1:45 Wellness Tip	31). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Dominoes 1:30-1:45 Points to Ponder			<p>Eastover Wellness Center 117 Henry Street Eastover, SC 29044 Phone: 803-353-3257 Hours: 10am-2pm</p>