



March 2020 Hopkins 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>Hopkins Wellness Center 150 Hopkins Park Rd Hopkins, SC 29061 Phone: 803-252-7734 Hours: 10am-2pm</p> |