September 2020 Hopkins-Eastover Wellness Center Calendar

` Monday	Tuesday	Wednesday	Thursday	Friday
	1). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Turning Tops 12:00-12:45 Lunch 12:45-1:30 Name 5	2). 10:00-11:00 Coffee and Socializing 11:00-11:30 Maze Craze 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Who Said It	3). 10:00-11:00 Coffee and Socializing 11:00-11:30 Fitter Sitters 11:30-12:00 Finish the Phrase 12:00-12:45 Lunch 12:45-1:30 Dice Delight	4). *Movie Day*
7). *Labor Day* (Center Closed)	8). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Walk and Talk 11:30- 12:00 Tangrams 12:00-12:45 Lunch 12:45-1:30 Puzzlemania	9). 10:00-11:00 Coffee and Socializing 11:00-11:15 Pep In Your Step 11:15-12:00 Jumbled Jargon 12:00- 12:45 Lunch 12:45- 1:30 Hangman 1:30- 1:45 Nutrition News	10). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Cup Stacking 12:00-12:45 Lunch 12:45-1:30 Yahtzee	11). *Movie Day*
14). 10:00-11:00 Coffee and Socializing 11:00-11:30 Fitter Sitters 11:30-12:00 Anagram 12:00-12:45 Lunch 12:45-1:30 BINGO	15). 10:00-11:00 Coffee and Devotion 11:00-11:30 Maze Craze 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Name 5	16). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Walk and Talk 12:00-12:45 Lunch 12:45-1:30 Stretching/Simon Says	17). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Word Scramble 11:30- 12:00 Stretching 12:00-12:45 Lunch 12:45-1:30 Coloring/Word Search	18). *Movie Day*
21). 10:00-11:00 Coffee and Socializing 11:00-11:30 Maze Craze 11:30-12:00 Finish The Phrase 12:00-12:45 Lunch 12:45-1:30 Dice Delight	22). 10:00-11:00 Coffee and Socializing 11:00-11:30 Everybody Knows 11:30-12:00 Spin It To Win It 12:00-12:45 Lunch 12:45-1:30 Family Feud/Wellness Tip	23). 10:00-11:00 Coffee and Socializing 11:00-11:30 Password 11:30-12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Puzzlemania	24). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Guesstures 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Nutrition News	25). *Movie Day*
28). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Cup Stacking 12:00-12:45 Lunch 12:45-1:30 Yahtzee	29). 10:00-11:00 Coffee and Socializing 11:00-12:00 Magazine Activity 12:00-12:45 Lunch 12:45-1:30 Cryptogram	30). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Turning Tops 12:00-12:45 Lunch 12:45-1:30 Simon Says/Tangrams	Hopkins Wellness Center 150 Hopkins Park Road Hopkins, S.C. 29061 Phone: 803-252-7734	Senior Resources Empowering seniors to remain healthy & independent