


## October 2020 Bishop Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Bishop Avenue Wellness Center</b>  <b>1424 Marthan Road</b>  <b>Blythewood, SC 29016</b>  <b>803-252-7734</b>  <b>Hours of Operation: M-F</b>  <b>10am-2pm</b></p>		<p>1).            10:00-11:00 Coffee and Socializing            11:00-11:30 Sittercize            11:30-12:00 Password            12:00-12:45 Lunch            12:45-1:30 Dice Delight</p>	<p>2).</p> <p style="font-size: 1.2em;"><i>Movie Day</i></p>
<p>5).            10:00 -11:00 Coffee and Socializing            11:00-11:30 Everybody Knows            11:30-12:00 Spin It To Win It            12:00-12:30 Lunch            12:30-1:30 Family Feud/Wellness Tip</p>	<p>6).            10:00-11:00 Coffee and Socializing            11:00- 11:30 Guesstures            11:30- 12:00 Walking/Stretching            12:00-12:30 Lunch            12:30-1:30 Puzzlemania/Fun Facts</p>	<p>7).            10:00-11:00 Coffee and Socializing            11:00-11:15 Pep in your Step            11:15-12:00 BINGO            12:00- 12:45 Lunch            12:45- 1:30 Hangman            1:30- 1:45 Wellness Tip</p>	<p>8).            10:00-11:00 Coffee and Socializing            11:00-11:30 Brain Buster            11:30-12:00 Bounce It            12:00-12:30 Lunch            12:30-1:30 Cards and Coloring</p>	<p>9).</p> <p style="font-size: 1.2em;"><i>Movie Day</i></p>
<p>12).            10:00-11:00 Coffee and Socializing            11:00-11:30 Pep In Your Step            11:30-12:00 Word Play            12:00-12:30 Lunch            12:30-1:30 Rhythmic Activity</p>	<p>13).            10:00-11:00 Coffee and Socializing            11:00-11:30 Sittercize            11:30-12:00 <b>Nutrition Education</b>            12:00-12:30 Lunch            12:45-1:30 Hangman/Nutrition</p>	<p>14).            10:00-11:00 Coffee and Socializing            11:00-11:30 Sittercize            11:30-12:00 Bingo            12:00-12:30 Lunch            12:30-1:30 Fast 5/P2P</p>	<p>15).            10:00-11:00 Coffee and Socializing            11:00- 11:30 Word Scramble            11:30- 12:00 Stretching            12:00-12:30 Lunch            12:30-1:30 Yahtzee</p>	<p>16).</p> <p style="font-size: 1.2em;"><i>Movie Day</i></p>
<p>19).            10:00-11:00 Coffee and Socializing            11:00-11:30 Word Search            11:30-12:00 Tangrams            12:00-12:30 Lunch            12:30-1:30 Spin It To Win It /P2P</p>	<p>20).            10:00-11:00 Coffee and Socializing            11:00-11:30 Pep In Your Step            11:30-12:00 Word Play            12:00-12:30 Lunch            12:30 -1:30 Questions/Joke Of The Day</p>	<p>21).            10:00-11:00 Coffee and Socializing            11:00-11:30 Sittercize            11:30-12:00 Guesstures            12:00-12:30 Lunch            12:30-1:30 Hangman/Hot Topics</p>	<p>22).            10:00-11:00 Coffee and Socializing            11:00-11:30 Walking            11:30-12:00 Six Squares            12:00-12:30 Lunch            12:30 -1:30 Puzzlemantz/Simon Says</p>	<p>23).</p> <p style="font-size: 1.2em;"><i>Movie Day</i></p>
<p>26).            10:00-11:00 Coffee and Socializing            11:00-11:30 Brain Buster            11:30-12:00 Name 5            12:00-12:30 Lunch            12:30-1:30 Dynabands/Nutrition</p>	<p>27).            10:00-11:00 Coffee and Socializing            11:00-11:30 Mirror Mirror/X-Out            11:30-12:00 Spirographs            12:00-12:30 Lunch            12:30-1:30 Stretching/Quote of the Day</p>	<p>28).            10:00-11:00 Coffee and Socializing            11:00-11:30 Stretching            11:30-12:00 Wheel Of Fortune            12:00-12:30 Lunch            12:30-1:30 Coloring/Word Search</p>	<p>29).            10:00-11:00 Coffee and Socializing            11:00-11:30 Pep In Your Step            11:30-12:00 Family Feud            12:00-12:30 Lunch            12:30-1:30 Anagram/Joke Of The Day</p>	<p>30).</p> <p style="font-size: 1.2em;"><i>Movie Day</i></p>