



## October 2020 Blythewood Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blythewood Wellness Center 1424 Marthan Road Blythewood, SC 29610 Phone: 803 252-7734 Hours of Operation M-Th. 10am-2pm</p>			<p>1). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Wheel Of Fortune 12:00-12:30 Lunch 12:30-1:30 Dice Delight/Jokes</p>	<p>2).</p> <p style="font-size: 24pt; color: green;"><i>Closed</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/Nutrition</p>	<p>6). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Differences/X Out 11:30- 12:00 Sittercize 12:00-12:30 Lunch 12:30-1:30 Puzzlemania</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- 12:30 Lunch 12:30- 1:30 Hangman/Quote Of The Day</p>	<p>8).. 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Walking 12:00-12:30 Lunch 12:30 -1:30 Concentration/Yes-No</p>	<p>9).</p> <p style="font-size: 24pt; color: green;"><i>Closed</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 Who Knows It/Spoon Savvy</p>	<p>13). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Plexer 11:30-12:00 <b>Nutrition Education</b> 12:00-12:30 Lunch 12:30 -1:30 Hangman/Hot Topics</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 Simon Says/Word Search</p>	<p>16).</p> <p style="font-size: 24pt; color: green;"><i>Closed</i></p>
<p>19). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:30 Lunch 12:30-1:30 Yahtzee</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 Who Said It</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 Dynabands 11:30-12:00 Yes-No 12:00-12:30 Lunch 12:30- 1:30 Concentration/Coloring</p>	<p>23).</p> <p style="font-size: 24pt; color: green;"><i>Closed</i></p>
<p>26). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Turning Tops/Fast 5 12:00-12:30 Lunch 1230-1:30 Coloring/Simon Says</p>	<p>27). 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 Concentration/P2P</p>	<p>28). 10:00-11:00 Coffee and Socializing 11:00-11:30 Six Squares 11:30-12:00 Anagram 12:00-12:30 Lunch 12;30-1:30 Family Feud/Nutrition</p>	<p>29). 10:00-11:00 Coffee and Socializing 11:00-11:30 Maze Craze 11:30-12:00 Walking 12:00-12:30 Lunch 12:30-1:30 Who Said It /Quote Of The Day</p>	<p>30).</p> <p style="font-size: 24pt; color: green;"><i>Closed</i></p>