

# January 2022 Columbia Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3). <b>New Year's Holiday Observed Center Closed</b></p>	<p>4). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Everybody Knows 12:00-12:45 Lunch 12:45-1:30 Arthritis Exercise 1:30-1:45 Points to Ponder</p>	<p>5). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cryptogram 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Family Feud 1:30- 1:45 Joke of the Day</p>	<p>6). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Finish The Phrase 12:00-12:45 Lunch 12:45-1:30 Spin It To Win It 1:30-1:45 Nutrition News</p>	<p>7). <b>MOVIE DAY</b></p>
<p>10). 10:00-11:00 Coffee and Socializing 11:00-11:30 Movin' and Groovin' 11:30-12:00 Turning Tops 12:00-12:45 Lunch 12:45-1:30 Who Said It 1:30- 1:45 Current Events</p>	<p>11). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Arthritis Exercise 11:30- 12:00 Puzzlemania 12:00-12:45 Lunch 12:45-1:30 Concentration/coloring 1:30- 1:45 Joke of the Day</p>	<p>12). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cup Stacking 11:30-12:00 Trivia 12:00- 12:45 Lunch 12:45- 1:30 Hangman 1:30- 1:45 Wellness Tip</p>	<p>13). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Word Search 1:30-1:45 Points to Ponder</p>	<p>14). <b>MOVIE DAY</b></p>
<p>17). <b>Martin Luther King, Jr. Day Center Closed</b></p>	<p>18). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:45 BINGO</p>	<p>19). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Maze Craze 12:00-12:45 Lunch 12:45-1:30 Fast 5 1:30- 1:45 Nutrition News</p>	<p>20). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Crossword Puzzle 11:30- 12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Simon Says/ Coloring 1:30- 1:45 Current Events</p>	<p>21). <b>MOVIE DAY</b></p>
<p>24). 10:00-11:00 Coffee and Socializing 11:00-11:30 Puzzlemania 11:30-12:00 Spirograph 12:00-12:45 Lunch 12:45-1:30 Arthritis Exercise 1:30-1:45 Points to Ponder</p>	<p>25). 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/Coloring 1:30- 1:45 Joke of the Day</p>	<p>26). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Brain Buster 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30- 1:45 Wellness Tip</p>	<p>27). 10:00-11:00 Coffee and Socializing 11:00-11:30 Dice Delight 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Guesstures 1:30- 1:45 Nutrition News</p>	<p>28). <b>MOVIE DAY</b></p>
<p>31). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Brain Buster 12:00-12:45 Lunch 12:45-1:30 Simon Says/Coloring 1:30-1:45 Wellness Tip</p>	 <p>"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." — Martin Luther King Jr.</p>	 <p><b>Senior Resources</b> Empowering seniors to remain healthy &amp; independent</p>	<p><b>Columbia Wellness Center</b> 2111 Simpkins Lane Columbia, S.C. 29205 Phone: (803) 252-7734 M-F 10:00am-2:00pm</p>	