

January 2022 Eastover Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3). New Year's Holiday Observed Center Closed	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	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	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	7). MOVIE DAY
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	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	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	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	14). MOVIE DAY
17). Martin Luther King, Jr. Day Center Closed	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	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	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	21). MOVIE DAY
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	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	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	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	28). MOVIE DAY
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>"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>Senior Resources Empowering seniors to remain healthy & independent</p>	Eastover Wellness Center 117 Henry Street Eastover, S.C. 29044 Phone: (803) 353-3275 M-F 10:00am-2:00pm	