

# January 2022 Hopkins Wellness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3). <b>New Year's Holiday Observed Center Closed</b>	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). <b>MOVIE DAY</b>
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). <b>MOVIE DAY</b>
17). <b>Martin Luther King, Jr. Day Center Closed</b>	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). <b>MOVIE DAY</b>
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). <b>MOVIE DAY</b>
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 style="text-align: center;">             "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 style="text-align: center;"> <b>Senior Resources</b>  <small>Empowering seniors to remain healthy &amp; independent</small> </p>	<b>Hopkins Wellness Center</b> <b>150 Hopkins Park Rd</b> <b>Hopkins, S.C. 29061</b> <b>Phone: (803) 252-7734</b> <b>M-F 10:00am-2:00pm</b>	