



September 2023 Senior Resources Wellness Centers Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Center Hours Mon. – Fri. 10-2 (803) 252-7734 Blythewood Center is closed on Fridays	 Senior Resources <small>Empowering seniors to remain healthy & independent</small>		1). 10:00-11:00 Coffee and Socializing 11:00-11:30 Hidden Pictures 11:30-12:00 Everybody Knows 12:00-12:30 Lunch 12:30-1:30 Dice Delight/Jokes	1). <div style="text-align: center; color: red;"> Movie Day <i>(Blythewood Center Closed)</i> </div>
4). WELLNESS CENTERS CLOSED 	5). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Arthritis Exercise 11:30- 12:00 Beach Volleyball 12:00-12:30 Lunch 12:30-1:30 Word Search/Would You Rather	6). 10:00-11:00 Coffee and Socializing 11:00-11:15 Pep in your Step 11:15-12:00 True Or False 12:00- 12:30 Lunch 12:30- 1:30 Hangman/Quote Of The Day	7).. 10:00-11:00 Coffee and Socializing 11:00-11:30 Family Feud 11:30-12:00 Who Said It/Simon Says 12:00-12:30 Lunch 12:30 -1:30 Arthritis Exercise/Word Search	8). <div style="text-align: center; color: red;"> Movie Day <i>(Blythewood Center Closed)</i> </div>
11). 10:00-11:00 Coffee and Socializing 11:00-11:30 Toss It 11:30-12:00 Arthritis Exercise 12:00-12:30 Lunch 12:30-1:30 Stretching/Quote Of The Day	12). 10:00-11:00 Coffee and Socializing 11:00-11:30 Hidden Pictures 11:30-12:00 Arthritis Exercise 12:00-12:30 Lunch 12:30 -1:30 BINGO	13). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cryptogram 11:30-12:00 Ring Toss 12:00-12:30 Lunch 12:30-1:30 Cards and Coloring	14). 10:00-11:00 Coffee and Socializing 11:00- 12:00 Family Feud 11:30- 12:00 Word Attack 12:00-12:30 Lunch 12:30-1:30 Arthritis Exercise/Jokes	15). <div style="text-align: center; color: red;"> Movie Day <i>(Blythewood Center Closed)</i> </div>
18). 10:00-11:00 Coffee and Socializing 11:00-11:30 Hidden Pictures 11:30-12:00 Arthritis Exercise 12:00-12:30 Lunch 12:30-1:30 Board Games/Healthy Hints	19). 10:00-11:00 Coffee and Socializing 11:00-12:00 BINGO 12:00-12:30 Lunch 12:30-1:30 Arthritis Exercise/Healthy Hints	20). 10:00-11:00 Coffee and Socializing 11:00-11:30 Finish The Phrase 11:30-12:00 Name 5 12:00-12:30 Lunch 12:30-1:30 Hangman/Current Events	21). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Beach Ball Blast 12:00-12:30 Lunch 12:30- 1:30 Concentration/Cards	22). <div style="text-align: center; color: red;"> Movie Day <i>(Blythewood Center Closed)</i> </div>
<div style="font-size: 2em; color: red; font-weight: bold;">Client's Choice</div>	26). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Scramble 11:30-12:00 Arthritis Exercise/Trivia 12:00-12:30 Lunch 12:30-1:30 Hot Potato/Maze Craze	27). 10:00-11:00 Coffee and Socializing 11:00-11:30 Toss It 11:30-12:00 Anagram 12:00-12:30 Lunch !2;30-1:30 Nutrition News/Jokes	28). 10:00-11:00 Coffee and Socializing 11:00-11:30 Hidden Pictures 11:30-12:00 Arthritis Exercise/Name 5 12:00-12:30 Lunch 12:30-1:30 Who Said It /Quote Of The Day	29). <div style="text-align: center; color: red;"> Movie Day <i>(Blythewood Center Closed)</i> </div>