

Mon	Tue	Wed	Thu	Fri
<u>Reminders!:</u>				1
<p>Group Activities are held on Monday, Wednesday, and Friday—Reservations required. Exercise classes are held on Tuesday, Wednesday, and Thursday—Reservations required. Masks, Face Shields, or Face Coverings (must cover mouth and nose) are REQUIRED! Temperature Checks are completed with an infrared thermometer for each attendee.</p>				HOLIDAY OFFICE CLOSED
<p>4 A little Chit Chat 10:00-10:15</p> <p>In-Person & Virtual Bingo 10:15-11:15</p>	<p>5 Eye Health Infor- mation 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45- 11:45</p>	<p>6 Zumba with Celeste 10:15-11:00</p> <p>Brain Teasers 11:00-12:00</p>	<p>7 Word Search Puzzle 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45-11:45</p>	<p>8 This Day in History 10:15 – 10:30am</p> <p><i>It's Your Health Take Charge with Jillian 10:30am –11:30am</i></p>
<p>11 A Little Chit Chat 10:00-10:15</p> <p>In-Person & Virtual Bingo 10:15-11:15</p>	<p>12 Word Search Puzzles 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45-</p>	<p>13 Name That Tune 10:15-11:00</p> <p>Zumba with Celeste 10:15-11:00</p>	<p>14 Brain Teasers 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45-</p>	<p>15 Word Search Puzzle 10:00-10:45</p> <p>Today in History 10:45-11:45</p>
HOLIDAY OFFICE CLOSED	<p>19 Brain Teasers 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45-11:45</p>	<p>20 Winter Time Craft 10:30-11:30</p> <p>Zumba with Celeste 10:15-11:00</p>	<p>21 Word Search Puzzles 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45- 11:45</p>	<p>22 Brain Teasers 10:00-10:45</p> <p>National Bath Safety Month-Tips to Stay Safe1 0:45-11:45</p>
<p>25 A Little Chit Chat 10:00-10:15</p> <p>In-Person & Virtual Bingo 10:15-11:15</p>	<p>26 Word Search Puzzles 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45- 11:45</p>	<p>27 Zumba with Celeste 10:15-11:00</p> <p>Brain Teasers 11:00-12:00</p>	<p>28 Trivia Time 10:00-10:45</p> <p>Arthritis Foundation Exercise 10:45- 11:45</p>	<p>29 Clients Choice Word Puzzles, Cards and More! 10:00am-12:00pm</p>

**Calhoun County
Council on Aging
803-874-1270**

**Modified Center Hours:
10:00am to 12:00pm**

**Staff available 8:00am
to 4:00pm, Monday
through Friday**

**Group Activities:
Limited Capacity of 15
and Reservations are
REQUIRED for Monday,
Wednesday, and Friday
attendance.**

**Arthritis Foundations
and Zumba Fitness
Classes are limited to
EIGHT people.**

**Call Elizabeth Rhaney,
Activity Coordinator, to
secure your reservation
for activities.**

**Weekly activity
booklets will continue!**

