

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Goodwill Trip & Out to Lunch at Golden Corral (Sign up by 4/24)	2 9:30 Chair Yoga 10:00 Cards/Games 11:00 Going to the Moose Lodge	3 9:30 Core Strength 10:00 Hearing Exams w/ Hearing Life OR Cards/Games 1:00 Chain Reaction Game
6 9:30 Chair Zumba Exercise 10:00 Beaded Bracelet Craft w/ Karen 11:00 Cards/Games 1:00 Treats & Wordle	7 [Nutrition Education] 9:30 Line Music Exercise 10:30 Animal Therapy w/ Hidden Acres 1:00 Travelogue: Pacific Northwest Trail w/ Sydney	8 Site Council Meeting Mystery Day (Seniors Choice)	9 9:30 80's Hits Exercise 10:00 Softball Game at Hobgood Park (Sign up by 4/25)	10 May Birthdays Mother's Day at the Lake Fields Landing Pavilion (Site Council Sponsored Event – Must be up to date on dues)
13 9:30 Walking Outside* 10:00 LaBlast Exercise w/ Nancy 11:00 Cards/Games 1:00 Balloon Volleyball w/ Staff	14 9:30 Core Strength 10:00 Senior Services 101: Dignity Memorial 11:00 Cards/Games 1:00 Ladderball w/ Alta	15 9:30 Chair Yoga 10:00 Bowling w/ James 11:00 Cards/Games 1:00 The Carol Burnett Show Hour	16 9:30 Walking Outside* 10:00 Crochet Club w/ Alta 11:00 Cards/Games 1:00 The Carol Burnett Show Hour	17 9:30 Chair Aerobics 10:00 May Craft w/ Alta 11:00 Cards/Games 1:00 Armed Forces Celebration
20 9:30 Core Strength 10:00 Beginner Computer Class w/ Mark 11:00 Cards/Games 1:00 Bingo	21 Election Day Senior Center Closed	22 Ball Ground Senior Center coming for visit 9:30 Walking Outside* 10:00 Cards/Games 11:00 Senior Center Olympics 1:00 Bingo	23 9:30 Line Music Exercise 10:00 Going to Walmart (Sign up by 5/16) 1:00 Bingo	24 9:30 Chair Zumba Exercise 10:00 Overview of Senior Long Term Care w/ Manor Lake 11:00 Cards/Games 1:00 Bingo
27 Memorial Day Senior Services Closed	28 9:30 Walking Outside* 10:00 Cards/Games 11:00 Karaoke w/ Raquel 1:00 Bingo	29 9:30 Chair Yoga 10:00 Dog Therapy w/ Charlie 11:00 Cards/Games 1:00 Bingo	30 9:30 Core Strength 10:00 Activity w/ Katie from Live to the Max 11:00 Cards/Games 1:00 Bingo	31 9:30 Chair Aerobics 10:00 Craft w/ Library 11:00 Cards/Games 1:00 Bingo