


# CALENDAR OF ACTIVITIES

## MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) <b>6:00—Chair Yoga with Elena</b></p>	<p>2 <b>8:45 Defensive Beginner Course (RM #5)</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>12:30—Depart for Bowling</b> 12:30—Pinochle (RM#3) 1:00—Cribbage &amp; Other Board Games (RM#3) <b>5:30—Bingocize (In-Person Only)</b></p>	<p>3 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 10:00—1:00—Stand By Me Appointments 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>1:00—Computer Tech (RM#5)</b></p>	4
<p>6 <b>9:00—Trip Sign Up (RM#1)</b> 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>7 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) <b>11:00—Depart for LFHS Pool</b> 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) 1:00—Bingo (DR) In-Person &amp; Zoom <b>6:00—Tai Chi with Spike</b></p>	<p>8 9:30—Armchair Exercise—In-Person (DR) <b>10:00— Noon—Stand-By-Me (RM#3)</b> 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) <b>11:30—Blood Pressure Checks (DR)</b> 12:00—Lunch Served (DR) 12:30—500 (DR) <b>6:00—Chair Yoga with Elena</b></p>	<p>9 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage &amp; Other Board Games (RM#3) <b>6:00—Line Dancing (DR)</b> <b>6:00—Board Meeting (RM#5)</b></p> <p style="text-align: center;"><b>BIRTHDAY PARTY</b></p>	<p>10 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) <b>11:15—Mindfulness Session (DR)</b> 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>1:00—Mother's Day Event</b> <b>Stand by Me one on one sessions by Appointments Only</b></p>	<p>11</p> <p style="text-align: center;"><b>12th HAPPY MOTHER'S DAY</b></p> 
<p>13 9:30—Armchair Exercise— In-Person (DR) <b>10:15— Ceramics (DR)</b> 10:15—Cardio Drumming Exercise Class (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>14 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) <b>1:00—Members Meeting (DR) In-Person &amp; Zoom</b> <b>6:00— Tai Chi with Spike</b></p>	<p>15 9:30—Armchair Exercise In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) <b>6:00—Chair Yoga with Elena</b></p>	<p>16 <b>7:00—Depart for Sight &amp; Sound</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage &amp; Other Board Games (DR)</p>	<p>17 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) <b>9:30—Depart for Dover Mall Walk/Chic Fil A for lunch</b> 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>1:00—Computer Tech (RM#5)</b> <b>Stand by Me one on one sessions—Walk Ins 10:00 am until Noon</b></p>	<p>18</p> <p>19</p> <p><b>2:00 pm Bingocize (In-Person Only)</b></p>
<p>20 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) <b>6:00—Paint Night (DR)</b></p>	<p>21 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) <b>11:00—Depart for LFHS Pool</b> 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) 1:00—Bingo (DR) In-Person &amp; Zoom <b>6:00— Tai Chi with Spike</b></p>	<p>22 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) <b>11:30—Blood Pressure Checks (DR)</b> 12:00—Lunch Served (DR) 12:30—500 (DR) <b>6:00—Cancelled Chair Yoga with Elena</b> <b>6:00—Candle Making (DR)</b></p>	<p>23 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (DR) <b>10:00—State Farm Insurance Presentation (RM#5)</b> 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) <b>12:30—Depart for Bowling</b> 1:00—Cribbage &amp; Other Board Games (RM#3) <b>1:00—3:00—Bingocize (DR) (In-Person Only)</b> <b>6:00—Line Dancing (DR)</b></p>	<p>24 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch <b>11:30—Memorial Day Program &amp; Luncheon</b> 12:00—Lunch Served (DR) (Manna Menu)</p>	25
<p>27</p> <p style="text-align: center;"><b>CENTER IS CLOSED FOR MEMORIAL DAY HOLIDAY</b></p> 	<p>28 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) <b>6:00—Tai Chi with Spike</b></p>	<p>29 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) <b>11:00—Depart for Dine Around—9 East Tap House</b> 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) <b>6:00—Chair Yoga with Elena</b></p>	<p>30 9:30—Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) <b>12:30—Depart for Bowling</b> 1:00—Cribbage &amp; Other Board Games (RM#3) <b>6:00—Flower Arranging Class (DR)</b></p>	<p>31 9:00—New Beginner Line Dancers (DR). 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>1:00—Bingocize (DR) In-Person Only</b></p>	27