

Empowering Seniors

May Activity Calendar 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Exercise 11a Puzzle Club 1p Bingo 2p CLOSE at 3PM	2 <i>National Prayer Day</i> CLOSED Professional Development Day	3 CLOSED Professional Development Day
6 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p	7 Quilting 10a Music 11a Walking Club 12:30p	8 Exercise 11a <i>Workshop Wed</i> Puzzle Club 1p Bingo 2p	9 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	10 Line Dancing 10a Exercise 11:30a Social Hour/Movie 1p Bingo 2p
13 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p	14 Quilting 10a Music 11a Karaoke – 12p Walking Club 12:30p	15 Exercise 11a Puzzle Club 1p Bingo 2p	16 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	17 Line Dancing 10a Exercise 11:30a Bingo 2p
20 Tai Chi 9a Nutrition Class 10a Aerobics 11a Make It Monday's 1p	21 Quilting 10a Music 11a Walking Club 12:30p	22 Exercise 11a Puzzle Club 1p Bingo 2p	23 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	24 Line Dancing 10a Exercise 11:30a Social Hour/Movie 1p All That Jazz Bingo 2p
27 CLOSED Memorial Day	28 Quilting 10a Music 11a Walking Club 12:30p	29 Exercise 11a Puzzle Club 1p Bingo 2p National Senior Health and Fitness Day!	30 Tai Chi 9a Music 11a Bible Study 1p Bingo 2p	31 Birthday Celebration <i>Courtyard Cookout-FUN, FUN, FUN</i>