



FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

MAY 2024

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:30 - 10:30 am SENIOR WALKING CLUB	2 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	3 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	4
5	6 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	7 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	8 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>City Slickers</i> <i>1 small drink & popcorn/person**</i>	9 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Nursing Homes 101</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	10 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	11
12 4:00- 6:30 pm DANCE	13 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	14 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	15 9:30 - 10:30 am SENIOR WALKING CLUB	16 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	17 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	18
19	20 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	21 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	22 9:30 - 10:30 am SENIOR WALKING CLUB	23 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	24 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	25
26	27 CENTER CLOSED	28 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	29 9:30 - 10:30 am SENIOR WALKING CLUB	30 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 6:30- 7:30 pm THE MONTHLY MAN CAVE	31	

ALL ACTIVITIES ARE **FREE**
(UNLESS OTHERWISE NOTED)
THANKS TO >>



*Sponsored in part by **Hammond-Henry Hospital**

Sponsored by **Classic Club