



# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## MAY 2025

### 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
				<b>1</b> 8:00- 9:00 am JAVA & JIVE 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>2</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>3</b>
<b>4</b>	<b>5</b> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>6</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>7</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>8</b> 8:00- 9:00 am JAVA & JIVE 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON* <i>Emerick Pest Control</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>9</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>10</b>
<b>11</b> 4:00- 6:30 pm DANCE	<b>12</b> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>13</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>14</b> 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>A Beautiful Mind</i> <i>1 small drink &amp; popcorn/person</i>	<b>15</b> 8:00- 9:00 am JAVA & JIVE 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>16</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>17</b>
<b>18</b>	<b>19</b> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>20</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>21</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>22</b> 8:00- 9:00 am JAVA & JIVE 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>23</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>24</b>
<b>25</b>	<b>26</b> CENTER CLOSED	<b>27</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>28</b> 9:30 - 10:30 am SENIOR WALKING CLUB	<b>29</b> 8:00- 9:00 am JAVA & JIVE 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i>	<b>30</b>	<b>31</b>

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

Geneseo  
Park District  
Foundation

 **GENESEO  
PARK DISTRICT**  
GENESEOPARKDISTRICT.ORG/ACTIVE-ADULT

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