

MAY 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm				
 Sunday May 11, 2025	<p>(OS) = Off-Site via Zoom</p> <p>ABC = Always Best Care</p>		1. 8:30 SilverSneakers (OS) 9-2:30pm ICG Jeweler Event by appt only 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba Pickup Coloring Contest Picture	2. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary - Creating flower baskets for our May Decorations
5. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 7:00 Medicare 101	6. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba 1-4 Sr. Food Box Door Dash Delivery	7. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo w/ ABC 2-3 Q&A/Tech Help	8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba	9. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary - Working on Party Favors
12. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary - Creating Animal Pen/Pencil Holders 2-3 Q&A/Tech Help	13. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	14. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help	15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba	16. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary - Working on Party Favors
19. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Decompress from Stress w/ Matt 2-3 Q&A/Tech Help	20. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba	21. Birthday Party 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Cards/Games 10-12 Constituent Outreach 10-12 Edward Jones Advisor <u>11:45 Lunch</u> 12:45 Entertainment: Chris Nestore	22. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba	23. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games Submit Coloring Contest Picture Deadline
26. Closed for the Holiday  8:30 Gentle Stretching & Balance (OS)	27. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Coloring Contest 2-3 Q&A/Tech Help 4:30 Zumba	28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help	29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba	30. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games