

MAY 2023 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>1. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>2. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 ABC Bingo 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>3. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>4. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Presentation on Stroke and blood pressure 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>5. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cinco De Mayo Fun day </p>
<p>8. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>9. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Spring Planting Flower Pots 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>10. 8:30 Gentle Stretching & Weight Lifting (OS) NO Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>11. 10-2 Senior Picnic at Springton Manor Farm , Glenmoore, PA (Reservation required by 5/1/23.) 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>12. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Wii Last Day to sign up for: 1. Hershey Trip 2. Cupcake Decorating</p>
<p>15. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 7:00 Medicare 101</p>	<p>16. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba</p>	<p>17. 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 11:45 Lunch 12:45 Entertainment: Nick Viscuso NO Q&A/Tech Help</p>	<p>18. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cupcake Decorating 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>19. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>22. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>23. 8:30-4:00 TRIP TO HERSHEY 8:30 SilverSneakers (OS) NO Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45: Cards /Games NO Q&A/Tech Help 4:30 Zumba</p>	<p>24. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>25. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Kanopy Film "His Gal Friday" 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>26. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch 12:45 Wii</p>
<p>29. Closed for the Holiday  8:30 Gentle Stretching & Weight Lifting (OS)</p>	<p>30. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>31. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p> Sunday May 14, 2023</p>	<p>(OS) = Off-Site</p>