

May Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Disclaimer Activities are free and optional unless indicated (*self-pay).</p> <p>Note **Evidence-Based Program</p>		<p>1 9:30am: Cardio</p> <p>10:00am: Outing at Ronald Reagan Park</p> <p>10:30am: Game Time</p> <p>1:00pm: Intermediate/Advanced Belly Dance</p>	<p>2 9:30am: Tai Chi</p> <p>10:30am: Drawing Class</p> <p>11:00am: Bingo</p> <p>1:00pm: Strength Training</p>	<p>3 9:30am: Cardio</p> <p>9:30am: Water Exercise*</p> <p>10:30am: Grocery Shopping at Kroger*</p> <p>11:00am: Reminiscing Drive-Ins and Carhops</p>
<p>6 9:45am: Rummikub</p> <p>10:00am: Line Dancing</p> <p>11:00am: Chair Yoga</p> <p>1:00pm: Beginning Belly Dance</p>	<p>7 9:30am: Cardio</p> <p>10:30am: Ribbon Rose Pin Craft</p> <p>11:00am: Joint Health Presentation</p> <p>1:00pm: Zumba Gold</p>	<p>8 9:30am: Cardio</p> <p>10:30am: Jewelry Class</p> <p>11:00am: Mind Benders</p> <p>1:00pm: Intermediate/Advanced Belly Dance</p> <p>1:30pm: Tea Party</p>	<p>9 9:30am: Tai Chi</p> <p>9:30am: Water Exercise*</p> <p>10:30am: Drawing Class</p> <p>11:00am: Famous Mothers</p> <p>1:00pm: Strength Training</p>	<p>10 9:30am: Cardio</p> <p>10:30am: Grocery Shopping at Walmart*</p> <p>11:00am: Mother's Day Celebration</p>
<p>13 9:45am: Drumming</p> <p>10:00am: Line Dancing</p> <p>11:00am: Chair Yoga</p> <p>1:00pm: Beginning Belly Dance</p> <p>1:00pm: "First Man" Movie Field Trip</p>	<p>14 9:30am: Cardio</p> <p>9:30am: Water Exercise*</p> <p>11:00am: Bingo</p> <p>1:00pm: Zumba Gold</p>	<p>15 9:30am: Cardio</p> <p>10:00am: Menu Meeting at Centerville Senior Center</p> <p>11:00am: Health Presentation with Humana</p> <p>1:00pm: Intermediate/Advanced Belly Dance</p>	<p>16 9:30am: Tai Chi</p> <p>10:30am: Drawing Class</p> <p>10:30am: Grocery Shopping at Aldi*</p> <p>11:00am: Safety Presentation with Officer Greene</p> <p>1:00pm: Strength Training</p>	<p>17 Closed</p> <p>10:00am – 1:00pm: Senior Picnic at Pinckneyville Park Medlock Pavilion</p>
<p>20 9:00am: Washington Farms and Grower's Outlet Field Trip</p> <p>9:45am: Game Time</p> <p>10:00am: Line Dancing</p> <p>11:00am: Chair Yoga</p> <p>1:00pm: Beginning Belly Dance</p>	<p>21 9:30am: Cardio</p> <p>10:30am: Paper Mache Bowl (1/2)</p> <p>11:00am: Bingo</p> <p>1:00pm: Zumba Gold</p>	<p>22 9:00am: Zoo Atlanta Field Trip</p> <p>9:30am: Cardio</p> <p>10:30am: Game Time</p> <p>1:00pm: Intermediate/Advanced Belly Dance</p>	<p>23 9:30am: Tai Chi</p> <p>10:30am: Paper Mache Bowl (2/2)</p> <p>11:00am: Music and Shenanigans with DJ John Cox</p> <p>1:00pm: Strength Training</p>	<p>24 9:30am: Cardio</p> <p>10:30am: Grocery Shopping at Walmart*</p> <p>11:00am: Remembering Family Road Trips</p> <p>1:30pm: Cooking Class</p>
<p>27 Closed</p> 	<p>28 9:30am: Cardio</p> <p>10:30am: Jewelry Class</p> <p>11:00am: Bingo</p> <p>1:00pm: Zumba Gold</p>	<p>29 9:30am: Cardio</p> <p>9:30am: Water Exercise*</p> <p>11:00am: Hump Day Happiness</p> <p>11:00am: Intermediate/Advanced Belly Dance</p> <p>1:00pm: Art Class</p>	<p>30 9:30am: Tai Chi</p> <p>10:30am: Drawing Class</p> <p>11:00am: Exercise and Nutrition (Partners for Life)</p> <p>1:00pm: Strength Training</p>	<p>31 9:30am: Cardio</p> <p>10:30am: Grocery Shopping at Food Depot*</p> <p>11:00am: Friday Funday</p>