

# May 2019

# PROGRAMS FOR ACTIVE OLDER ADULTS

Mon	Tue	Wed	Thu	Fri
11:00am– 11:45am GLENN <u>Silver Sneakers</u>	11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	1 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	2 11:00am– 11:45am BETH <u>Silver Sneakers</u>	3 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
6 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	7 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	8 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	9 11:00am– 11:45am BETH <u>Silver Sneakers</u>	10 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
13 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	14 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	15 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	16 11:00am– 11:45am BETH <u>Silver Sneakers</u>	17 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
20 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	21 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	22 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	23 11:00am– 11:45am BETH <u>Silver Sneakers</u>	24 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am
27 11:00am– 11:45am GLENN <u>Silver Sneakers</u>	28 11:30am– 12:15pm KEITH <u>Silver Sneakers</u>	29 10:00am—12:00pm <u>Pickle Ball</u> Gymnasium	30 11:00am– 11:45am BETH <u>Silver Sneakers</u>  <u>MOVE BREW</u> <u>EDUCATE</u> Tv Lounge area 10am—11am	31 <u>Coffee &amp; Conversations</u> Tv Lounge area 10am—11am



**SENIOR BINGO !!**  
Coming up now every once in a month, Stop by at Front desk for more details !!!

**SENIOR RESOURCES**  
Make an appointment to learn more about your Body Balance & Posture with Chiropractor Chelsey. Sign up at the front desk.

**Coffee & Conversations**  
Every Friday  
10:00am 11:00am in the TV Lounge area

