

**CENTER ACTIVITIES FOR MAY 2024**



**BINGO:** Every Friday night, 5:00pm - 7:00 pm

**MOTHERS DAY PANCAKE BREAKFAST:** Sunday, May 12th  
8:00am to 11:00am in center dining room.

**FOOD BANK:** Thursday, May 9th & 23rd  
9:30 am to 11:30 am. in the Lofflin Field parking lot.



**Monday**

Strength Exercise Class  
Dancing For All

Dining Room 9-10am  
Dining Room 10-11am

**Tuesday**

Stretch Exercise Class  
Computer Lab

Dining Room 9-10am.  
Lab open 1-3pm.

**Wednesday**

Core Exercise Class  
Life Changes Group  
Ukulele Group

Dining Room 9-10am.  
Conference Room 10:00-11:45am  
Conference Room 1-2pm

**Thursday**

Balance & Posture Exercise Class  
Physical Challenges & Parkinson's Group

Dining Room 9-10am.  
Thursday Conference Room 10:30-11:30  
Contact Linda Posner at 459-1941

**FRIDAY**

Strength Exercise Class  
Bingo

Dining Room 9-10am.  
Dining Room 5 - 7pm