



CENTER ACTIVITIES FOR MAY 2025



BINGO: Friday nights 5-7pm

MOTHERS DAY PANCAKE BREAKFAST:

Sunday, May 11th 8am-11am in dining hall.

Buffet style breakfast.

Mothers- \$10 Adults- \$18 Children 6 to 12yrs- \$8

Monday

Strength Exercise Class

Dining Room 9-10am

Tuesday

Stretch Exercise Class

Dining Room 9-10am.

Computer Lab

Third Tuesday of Every Month.1-3pm .

Wednesday

Core Exercise Class

Dining Room 9-10am.

Life Changes Group

Conference Room 10:00-11:45am

Ukulele Group

Conference Room 1-2pm

Thursday

Balance & Posture Exercise Class

Dining Room 9-10am.

Physical Challenges & Parkinson's Group

Thursday Conference Room 10:30-11:30

Contact Linda Posner at 459-1941

FRIDAY

Strength Exercise Class

Dining Room 9-10am.

Bingo

Dining Room 5 - 7pm