

## Daily Activities

### Monday

Library & Computer Lab 9:00am-1:00 pm

Tech Support 11:00am – 1:00pm

Lunch 11:30am – 12:30pm

Qigong 2:00-3:00pm

Mahjong 1:00-3:30pm

Ping Pong 3:00-4:00pm

### Tuesday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Bingo 1:30-3:30pm

Ping Pong 3:00-4:00pm

### Wednesday

Library & Computer Lab 9:00am-1:00 pm

Qigong 9:30-10:30am

Lunch 11:30am – 12:30pm

Cribbage 1:30-3:30pm

Intermediate Line Dancing 2:15-4:00pm

### Thursday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Martial Arts For Seniors 2:15-3:15pm

### Friday

Library & Computer Lab 9:00am-1:00pm

Qigong & Sun Style Tai Chi 10:00-11:00am

Falun Dafa Yoga (bring yoga mat) 11:30-12:30PM

Board/Card Games 1:00-3:30pm

## May Activities

May 9<sup>th</sup> Mother's Day Lunch 11:30-12:30pm

May 9<sup>th</sup> Caregiver Support Group  
9:30am-11:30am

May 10<sup>th</sup> Block Party Celebration  
11:30am-1:30pm

May 15<sup>th</sup> Commodities Distribution  
10:00-11:30am

May 20<sup>th</sup> Know your rights Wills, Trusts, &  
Estates 1:00-3:00pm

May 27<sup>th</sup> **Site Closed for Memorial Day**

May 28<sup>th</sup> Stamp Club 6-9pm

May 30<sup>th</sup> Caregiver Support Group  
9:30-11:30am

May 30<sup>th</sup> Birthday Celebration  
11:30am-12:30pm

Mon	Tues	Wed	Thurs
		1 Fish w/ Sundried Tomato Pesto	2 Chinese Chicken Salad
6 Chicken w/ Fire Roasted Tomatoes	7 Mac & Cheese	8 Chile Verde Tacos	9 Spinach, Ham & Cheese Quiche <b>Mother's Day Lunch</b>
13 Spaghetti w/ Meatballs	14 ½ Chicken Sandwich & Broccoli Soup	15 Lemon Herb Fish	16 Chicken Fried Steak
20 Salisbury Steak	21 Crustless Quiche	22 Beef Stroganoff W/Egg Noodles	23 Ham & Bean Soup
27 <b>Site Closed</b> <b>Memorial</b> <b>Day</b>	28 Baked Fish Dijonnaise	29 BBQ Pork Rib	30 Taco Salad