

Crafts and Classes

5/1 and 5/15 Walk in the Metroparks

May Day starts our summer walking program at the metroparks. This year, we will be joined on some walks by a naturalist from the park to share information on the plant and animal life.

5/2 Craft with Carol

You decide what you'd like to make using melted crayons and wax paper. Simple and so colorful.

5/3 Empanada Baking

Join Tammy in making these Mexican sweet treats for the Cinco de Mayo Fiesta

5/7 Library Laptop Program

This is the last in the five part series using laptops provided by the library. It's never to late to learn something new!

5/22 Craft with Tammy

Tammy will be demonstrating how to make a dog out clay pots.

5/30 Craft with Sherri

Sherri will show you how to make simple wire doll decorations to sit or hang.

Speakers

5/7 Holly Wilson from Pathways speaking on HEAP program
5/23 Medical Marijuana

EXERCISES

Mondays, Wednesdays and Fridays:

Burst Exercises

A fast-paced 4 minute mini workout for older adults.

Tuesdays/Thursdays: Stretching

Spring Fling at Tam-o-Shanter

May 21, 10-2

Senior Centers, Inc. will be open but no lunch will be served.

Spring Fling details on the cover page of the newsletter

Trips and Special Events

5/6 Cinco de Mayo Fiesta

Music, snacks and Mexican bingo

5/10 Out to Lunch R Diner (Monroe)

Lunch cost is on your own.

5/14 Out to the movies TBA

Look for movie choice(s) and times on the bulletin board the Friday before.

5/14 Chicken Dance

In honor of Chicken Dance Day, we'll bust out the music and get moving!

5/16 Mudhens game 9:30 \$9

Headed to Hensville for one of the few early games. Lunch and snacks on your own. See Michelle early for your ticket!

5/24 Memorial Day BBQ

Firing up the grill to get the summer rolling! Must sign up!

5/29 Senior Health and Fitness Day

Franklin Park Mall will be the site of this fitness event. Come see what all the fun is about

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:00 Burst 12:15 Walk in the Park	2 10:30 Exercise 12:15 Craft w/ Carol- Fun with Melted Crayons	3 11:00 Burst 12:15 Empanada Baking
6 10:00 Ceramics 11:00 Burst 12:15 Cinco de Mayo Fiesta	7 9:30- Library Laptop Class 11:45 Speaker – HEAP 12:30 Beach Vball	8 10:00 Burst 12:15 Bingo with Keith	9 10:30 Stretch Exercises 11:45 Jay Gerken All day BPs	10 10:45 Burst 11:00 Out to Lunch R Diner(Monroe)
13 10:30 Haircuts 11:00 Burst 12:15 Active Games	14 10:30 Chicken Dance TBA Out to the Movies	15 11:00 Burst 12:15 Walk in the Park	16 10:00 Mudhens Game (v. Norfolk) 12:15 Stretch Exercises All day BPs	17 9:00 FGP Mtg. 11:00 Burst 12:15 Bingo
20 9:30 Mercy Nurses 10:00 Ceramics 11:00 Burst 12:15 Grab Bag Dice Game	21 9:00 Spring Fling at Tam-o-Shanter 12:30 Stretch Exercises	22 10:30 Craft with Tammy- Flower Pot Dogs 12:15 Burst	23 11:45 Speaker: Medical Marijuana 12:15 Beach Volleyball	24 10:45 Burst 11:30 Memorial Day Picnic
27 CLOSED	28 9:30 Commodities & Health Screens 10:45 Beach Volleyball 11:45 Jay Gerken 12:15 Movie	29 10:30 Therapy Dogs 10-2 Senior Health & Fitness Day at FP Mall	30 10:30 Craft with Sherri-Wire Dolls 12:15 Beach Volleyball	31 11:00 Burst 12:15 Rhino Documentary

