

Activities for May 2019-Morning

May is Older American's Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
Free Local Shopping Trip Days for May: May 9th & May 23rd Thursdays at 10:30	Activities, Menu, Newsletter, & volunteer opportunities online at greencountync.gov . Click on Departments, then Senior Services. Suggestion Box outside Office door-Suggestions reviewed by Advisory Board	Walk In Activities: Puzzles, Cards, Board Games, Pool Table, Books, Exercise Equipment, Horseshoes, Lap Top Computer/Tablet, Shuffleboard, word search, adult coloring books, crossword books	1 8:30-FREE Breakfast with the Senior Center Director-Question, Answer, Planning Session 9:00-Medicine Ball Exer. 10:00-Arthritis Exercise 11:00-Devotional	2 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 10:30-MED instead of Meds 11:00-Pool Match	3 10:00-Slim/Fit Weight Loss Support Group 10:00-Country Western Day-Indoor Games, Photo Booth, Snacks, Costume Contest, "Horse Races"!	4
5	6 10:00-Arthritis Exercise 11:30-Hurricane Preparedness Workshop	7 7:30-Walking Club 9:30-Walking Aerobics 11:00-SCAM Workshop, Protecting your Health, Money, & Charitable Gifts in a Scary World. NC Secretary of State	8 9:00-Medicine Ball Exer. 10:30-MED instead of MEDS-LAST CLASS 11:00-Devotional 11:00-Corn Hole	9 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 10:30-Local Shopping -GC Transportation 11:00-Pool Match 11:00-Arts & Crafts	10 10:00-Slim/Fit Weight Loss Support Group 10:00-50's Day-Costume Contest, Photo Booth, Classic Car & Truck Show, Snacks!	11
12 <i>Happy Mother's Day!</i>	13 9:30-12:00 Community Dementia Workshops-see enclosed flyer for event details.	14 7:30-Walking Club 9:30-Walking Aerobics 11:00-Educational Jingo	15 9:00-Medicine Ball Exer. 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	16 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Nutrition Workshop -Kale, NC Coop. Extension 11:00-Pool Match	17 9:00-Pool Tournament-register Business Office 10:00-Slim/Fit Weight Loss Support Group 11:00-Bingo	18
19	20 10:00-Arthritis Exercise 11:00-Jewelry Making 11:00-Alzheimer's Work Shop-GAST Team	21 7:30-Walking Club 9:30-Walking Aerobics 10:00-Aging Planning Committee Meeting 11:00-Educational Jingo	22 9:00-Medicine Ball Exer 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	23 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 10:30-Local Shopping GC Transportation 11:00-Pool Match 11:00-Arts & Crafts	24 10:00-Slim/Fit Weight Loss Support Group 10:00-Patriotic Day-Games, History Contest, Honor their Service Floating Reception	25
26	27 Senior Center Closed in Honor of Memorial Day! 	28 7:30-Walking Club 9:30-Walking Aerobics 11:00-Educational Jingo	29 9:00-Medicine Ball Exer 10:00-Arthritis Exercise 11:00-Devotional 11:00-Corn Hole	30 7:30-Walking Club 9:30-Walking Aerobics 10:00-Shuffleboard 11:00-Pool Match 11:00-Arts & Crafts *Birthday Celebration	31 10:00AM-Elder Abuse Awareness Walk. Free Health Screenings, Mini Health & Information Fair. Extra Help Event: See if you qualify for help paying your Medicare part B & D Premiums, Lower your drug costs at the Pharmacy.	*Act. are subject to change



Activities for May 2019-Afternoon



Promoting the Health, Well-Being, and Quality of Life for ALL Senior Citizens!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
 Help starts here.	Copy of latest Financial Report & Audit available upon request in Office or online at www.greencountync.gov Copy of current Senior		1 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	2 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	3 *Recreation room closes at 3:00	4
5	6 1:00-Taking Care of You-Classes for Women 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	7 1:00-Putting on the Glam Fashion Show 2:00-Exercise Orientation-New Members	8 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild	9 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	10 *Recreation room closes at 3:00	11 
12 Happy Mother's Day!	13 2:00-4:30 Community Dementia Workshops-see enclosed flyer for event details. 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	14 1:00-Crochet Class 2:00-Exercise Orientation-New Members	15 1:00-Touch Screen Tablet & Lap Top Computer Class 1:30-Needleworkers Guild 3:30-Senior Center Advisory Committee Meeting	16 1:00-Vision Loss Support Group 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	17 *Recreation room closes at 3:00 7:00-Celebrity Look Alike Senior Dance & Social-Celebrity Costume Contest, food,& fun	18
19	20 1:00-Taking Care of You-Classes for Women 5:00-Beginner's Line Dancing Class 6:30-Advanced Line Dancing Class	21 1:00-Crochet Class 2:00-Exercise Orientation-New Members	22 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	23 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	24 *Recreation room closes at 3:00	25
26 	27 Senior Center closed for Memorial Day!	28 1:00-Crochet Class 2:00-Exercise Orientation-New Members 5:30-Single Mingle-Singles Night Out Golden China Buffet	29 1:00-Touch Screen Tablet & Lab Top Computer Class 1:30-Needleworkers Guild	30 1:00-Community Outreach Crochet 3:30-Advanced Tai Chi	31 *Recreation Room Closes at 3:00	 Find us on: facebook. Greene County Senior Center & Services