



# May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			7:15 Mayor's Prayer Breakfast in Civic Room 8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with Senior Medicare Patrol	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Lunch & Learn with Wright and Ferguson 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Mother's Day Brunch featuring Ballet Magnificat 10:30 Hand & Foot 12:00 Dominoes
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi NO SPANISH TODAY 1:00 Line Dancing 1:00 Dominoes 1:00 Step-By-Step Painting with Covenant Caregivers	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 MOVIE MONDAY	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi NO SPANISH TODAY 1:00 Line Dancing 1:00 Dominoes	9:00 - Free Memory Screenings with Precise Research Center - Brunch 8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong Lessons	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 featuring: The Sassy Steppers 12:00 Dominoes
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>SENIOR            CENTER            CLOSED</b>  <b>HAPPY            MEMORIAL            DAY!!</b>	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	<b>Senior            Center            Closed            for a            Private Party</b>

## Fitness Class Descriptions

<b>Sit &amp; Be Fit</b> (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
<b>Cardio Combo!</b> (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
<b>Beginner Yoga</b>	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
<b>Tai Chi</b> (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
<b>Line Dancing</b>	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels are welcome!

## Activities

<b>Lessons of Art Art &amp; Friends</b>	Join our instructor to learn the fundamentals of art. Stick around and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
<b>Bingo with SMP</b>	Come and celebrate our May birthdays with a FUN game of BINGO! Filled with prizes and birthday sweets!
<b>Book Club</b>	<i>Tom Lake</i> by Ann Patchett
<b>Bridge</b>	We have two Bridge groups active: Experienced Bridge and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Hand and Foot Dominoes</b>	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
<b>Dulcimer</b>	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. All levels welcome.
<b>Intro. to Spanish Spanish I Spanish II</b>	You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you're ready, you can graduate to Spanish I & II!!
<b>Luncheon</b>	A Memorial Day luncheon featuring the Sassy Steppers! Come kick off your weekend with bbq, fellowship and entertainment!
<b>Lunch &amp; Learn</b>	Join Wright and Ferguson Funeral Home for very informative lunch and learn on how to plan ahead for your own arrangements.
<b>Mahjong Lessons</b>	Have you been wanting to learn how to play the latest gameboard craze? Here's your chance! This is a 6 week session.
<b>Memory Screenings and Brunch</b>	Precise Research Center will be giving free memory screenings in the Buchanan Room. Stop by and get yours along with a light breakfast.
<b>Mother's Day Brunch</b>	Our Mother's Day brunch featuring Ballet Magnificat will be a beautiful beginning to your Mother's Day weekend!
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Step-By-Step Painting</b>	Come be the artist you never thought you could be! Natalie with Covenant Caregivers will take you step-by-step as you paint your very own perfect piece of art!
<b>Vet to Vet Cafe</b>	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café on Thursday, January 9 <sup>th</sup> at 9:30am. The Vet to Vet Café will meet the 2 <sup>nd</sup> Thursday of each month at 9:30am. Breakfast will be served.