



May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
4	5	6	7	8
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 11:00 Happy Cinco De Mayo Lunch with Visiting Angels 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 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 11:30 Happy Mother's Day Tea with Baptist Hospice 12:00 Bridge 1:00 Art & Friends	7:15 Mayor's Prayer Breakfast IN THE CIVIC ROOM 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
11	12	13	14	15
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with Ott & Lee Funeral Home	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 1:00 Let's Have A Salsa Showdown with MSU Extension	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	SENIOR CENTER CLOSED FOR A PRIVATE EVENT
18	19	20	21	22
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 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 10:00 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Mahjong	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 10:30 Spring Fling Lunch & Musical AT First Baptist Church of Jackson 12:00 Dominoes
25	26	27	28	29
SENIOR CENTER CLOSED HAPPY MEMORIAL DAY!!	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 NO SPANISH CLASSES 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Lunch & Learn with The Electronic Caregiver 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 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes

Fitness Class Descriptions

Sit & Be Fit (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)
Cardio Combo! (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)
Beginner Yoga	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.
Tai Chi (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.
Line Dancing	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

Lessons of Art Art & Friends	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.
Bingo with Ott & Lee	Come and celebrate our May birthdays with a FUN game of BINGO! Filled with prizes and birthday sweets!
Book Club	<i>Eleanor Oliphant is completely fine</i> by Gail Honeyman
Bridge	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.
Cinco De Mayo Lunch	Let’s “taco bout” Cinco De Mayo! We’ll celebrate with a taco bar from our friends with Visiting Angels! Sign-up required, limited space!
Dulcimer	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.
Intro. to Spanish Spanish I Spanish II	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!!
Lunch & Learn	It’s called “ The Electronic Caregiver! ” A device that you wear that serves as a caregiver with reliable 24/7 protective services along with certified emergency medical dispatchers.
Mayor’s Prayer Breakfast	Thursday, May 7 th is the National Day of Prayer . Join Mayor Lee along with members of your community as we come together for this meaningful time of prayer.
Mother’s Day Tea	You’re invited to a special Mother’s Day tea hosted by our friends with Baptist Hospice . Join our guest of honor, Mrs. Tahya Dobbs along with her mother and daughters, with a sweet message for Mother’s Day!
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Salsa Showdown	Join our friend Natasha with the MSU Extension for a fun and friendly salsa making competition! Regardless of the winner, you’ll enjoy a sweet and a savory salsa treat!
Spring Fling Lunch & Musical	We’ll meet AT First Baptist Church in Jackson for their always beautiful Spring Fling! Come enjoy a musical program by the senior FBC Reflections Choir followed by a wonderful lunch.
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet-to-Vet Café on Thursday, January 9 th at 9:30am. The Vet-to-Vet Café will meet on the 2 nd Thursday of each month at 9:30am. A light breakfast will be served.