

SENIOR COMMUNITY NEWS

DAILY ACTIVITIES

Every Monday:

Walking Exercise 9:00 - 10:00am
Painting Group 9:00am - noon
Ukulele Class 11:30am - 1:00p
Games 1:00 - 3:30pm

Every Tuesday:

Bone Builders 8:30 - 9:30am
10:00 - 11:00am

Every Wednesday:

Walking Exercise 9:00 - 10:00am
Movie 1:00 - 3:00pm

Every Thursday:

Bone Builders 8:30 - 9:30am
10:00 - 11:00am
Quilting 1:00 - 3:00pm

Every Friday:

Painting Group 9:00am - noon
BINGO 1:00 - 3:00pm

RECURRING CLASSES

Tracy Purdy-Martin:

Balance May 8 & 22
June 12 & 19
July 10 & 24

Mindfulness May 21
June 18
July 23

Jog Your Mind May 29
June 26
July 31

EVENTS

Food Discussion Series:

*The Ugly Truth about
Sugar Addiction*

May 9 1:30 - 2:30pm

Mindful Eating vs. Dieting

May 30 1:30 - 2:30pm

Food vs. Mood

June 13 1:30 - 2:30pm

Workshop Series:

Healthier Living with
Chronic Disease

Tuesdays 1 - 3:30pm
May 14 through June 25

Annual Tea

with speaker Rebecca Rupp
June 5 1 pm

POT LUCK May 15, 11:30am

BEGINNER TAI CHI

MONDAYS 9-10AM

JUNE 3 - JULY 29 (NO JULY 15)

Space is limited, please call
(802)442-1052 to register.

Class is free!