

MAY

MONDAY

TUESDAY

WEDNESDAY

CANCELLATION POLICY

If you sign up for an activity and find you are unable to participate, call the front desk. No credits are issued for cancellations made the day of or the day before an activity. 2 business days are required for a credit. If you cancel before the deadline, notify the Senior Center during business hours of 8:30 AM - 4:30 PM Monday-Friday, and we will issue you a credit. ****We do not refund ticketed events.**** Credits expire after one year.

9:00 AM Sewing In Center **6**
 9:30 AM Stepping on Workshop (5 of 7)
 9:00 AM Monday Bridge
 11:30 AM Out to Lunch India's Kitchen (\$\$)
 1:00 PM Afternoon of Games
 1:00 PM Garden Club
 1:00 PM Key Chain Stretch Bracelets Workshop

8:00 AM New Mexico Trip Departs **7**
 8:30 AM Casino Trip to Ameristar
 9:30 AM Sit & Be Fit
 10:00 AM Book Club
 11:30 AM VOA Lunch-Italian Sausage & White Bean Stew
 1:00 PM Bingo
 1:00 PM Texas Hold 'em

9:00 AM Foot Care Clinic **1**
 9:30 AM Sit & Be Fit
 12:30 PM DRCOG Caregiver Support Group (3 of 6)
 1:00 PM Afternoon of Games
 1:00 PM Knit & Crochet
 1:30 PM Line Dancing I (4 of 6)

9:00 AM Monday Bridge **13**
 9:00 AM Sewing
 9:30 AM Stepping on Workshop (6 of 7)
 1:00 PM Afternoon of Games
 1:00 PM Leather Working Interest Meeting
 1:00 PM Patriotic Jewelry Workshop (Necklace, Bracelet & Earrings)

9:30 AM Sit & Be Fit **14**
 9:30 AM Trip to Museum of Illusions & Lunch
 10:00 AM Chair massage (Call office to schedule)
 11:30 AM VOA Lunch-Creole Style Fish, Dirty Rice, Succotash & Biscuit
 1:00 PM Creative Writing
 1:15 PM Marathon Bridge

9:30 AM Sit & Be Fit **8**
 10:00 AM Essential Oil Foot Massage
 11:15 AM Lunch & Learn "Senior Snuggles"
 12:30 PM DRCOG Caregiver Support Group (4 of 6)
 1:00 PM Knit & Crochet
 1:30 PM Drivers Meeting
 1:30 PM Line Dancing I (5 of 6)

 **Volunteer Appreciation Week** **20**
 (see Page 11 for details)
 9AM-3PM Doughnut Day
 9:00 AM Monday Bridge
 9:00 AM Sewing
 9:30 AM Stepping on Workshop (#7)
 1:00 PM Afternoon of Games
 1:00 PM Intro to Balance, Range of Motion, Flexibility & Agility
 Polish Poker
 4:30 PM Out to Dinner Meatball Eatery (\$\$)

9:00 AM Drivers Meeting **21**
 9AM-3PM Volunteer Appreciation Cereal Bar
 No Sit & Be Fit
 11:30 AM VOA Lunch-Salisbury Steak Let's Celebrate
 1:00 PM Bingo
 1:00 PM Low Vision Support Group
 1:00 PM Texas Hold 'em

9:00 AM Foot Care Clinic **15**
 9:30 AM Sit & Be Fit
 12:30 PM DRCOG Caregiver Support Group (5 of 6)
 1:00 PM Knit & Crochet
 1:00 PM Newborns in Need Baby Shower with Cake
 1:30 PM Line Dancing I (6 of 6)

9AM-3PM Volunteer Appreciation Trail Mix Bar **22**
 9:30 AM Sit & Be Fit
 10:00 AM Legal Presentation "Powers of Attorney"
 DRCOG Caregiver Support Group (6 of 6)
 12:30 PM Afternoon of Games
 1:00 PM Container Gardening
 1:00 PM Knit & Crochet
 1:30 PM Line Dancing I (1 of 6)
 **Hideaway 11AM-10PM**

27
CENTER IS CLOSED
MEMORIAL DAY
 REMEMBER & HONOR


9:30 AM Sit & Be Fit **28**
 10:00 AM Chair massage (Call office to schedule)
 11:30 AM VOA Lunch-Turkey Meatballs in Pesto Cream Sauce, Orzo Pilaf, Stewed Tomatoes, Bread & Apricot Halves
 1:00 PM Creative Writing
 1:00 PM Bingo

9:30 AM Sit & Be Fit **29**
 10:00 AM Flex massage (Call office to schedule)
 1:00 PM Bunco
 1:00 PM Knit & Crochet
 1:30 PM Line Dancing I (2 of 6)
****June Processing Day See Page 20 for details.****

2024

THURSDAY

FRIDAY

SATURDAY/SUNDAY

9:30 AM Sit & Be Fit
10:00 AM Drama Workshop **2**
11:30 AM VOA Lunch -
Roasted Turkey with
Gravy, Mashed Sweet
Potatoes, Peas with
Onions, Roll, Fruit
& Sugar Cookie
1:15 PM "Where do I Start?"
with Juliana Young
4:30 PM Out to Dinner
John Holly (\$\$)

9:15 AM Newcomer
Orientation **3**
9:30 AM Current Events
11:00 AM Twist & Bend (4 of 6)
No Afternoon of Games
Vista Closed for
Maintenance
1:00 PM Knit & Crochet
1:30 PM Line Dancing II (5 of 6)

4/5
Saturday, 5/4
1:00 PM
Theatre Trip
Illuminar Aerial Dance
presents
Wizard of Oz
Lakewood Cultural Center

9:30 AM Sit & Be Fit
10:00 AM Drama Workshop **9**
10:00 AM Table massage
(Call office to schedule)
11:30 AM VOA Lunch-Southern
Style Hot Chicken
Salad, Collard Greens,
Cinnamon Apples, Roll,
Banana & Lemon Bar
12:45 PM Movie & Popcorn
"The Hill"

9:00 AM Hike Gateway
Mesa Open **10**
Space
9:30 AM Current Events
10:00 AM Library Interest Meeting
10:00 AM Accent on Hearing (Call
office to schedule)
11:00 AM Twist & Bend (5 of 6)
1:00 PM Afternoon of Games
1:00 PM Knit & Crochet
1:30 PM Line Dancing II (6 of 6)

11/12
5:45 PM Saturday, May 11
New Mexico Trip Returns
HAPPY MOTHER'S day
Sunday, May 12

9:30 AM Sit & Be Fit **16**
10:00 AM Drama Workshop
10:00 AM Table massage
(Call office to schedule)
11:30 AM VOA Lunch-Chicken
Cacciatore with
Spaghetti
1:00 PM Board Meeting
1:00 PM Senior Trivia League
Interest Meeting

9:30 AM Current Events **17**
10:15 AM Out to Lunch
Cherry Cricket (\$\$)
11:00 AM Twist & Bend (6 of 6)
1:00 PM Afternoon of Games
1:00 PM Knit & Crochet

DOLLAR SIGN LEGEND 18/19
The dollar signs on the calendar represent the average price of the entrée at the restaurant when you will be paying for a meal there.
\$ = Under \$15 \$\$ = \$16-\$35
\$\$\$ = \$36-\$50 \$\$\$\$ = \$50+
This does NOT represent the Activity Fee you pay at sign-up.

7:45 AM Trip to Washing
Machine
Museum &
Lunch **23**
9AM-3PM Volunteer Appreciation
Cupcake Bar
9:30 AM Sit & Be Fit
10:00 AM Drama Workshop
11:30 AM VOA Lunch-
Cheeseburger & Corn
1:00 PM Active Minds -
"French Cuisine"

9:30 AM Current Events **24**
11:00 AM Twist & Bend
(1 of 6)
1:00 PM Afternoon of Games
1:00 PM Knit & Crochet
1:00 PM Volunteer Appreciation
Concert & Timeless
Treats
Turn In Signup Sheets for
June by 3 PM today.

25/26
"Color Legend"
Red - Notice
Blue - Services
Orange - Dining Opportunities
Green - Excursions & Tours
Brown - Activities and Trips
Pink/Purple - One Day Events
and Happenings
Black - Multi-Day Happenings

9:30 AM Sit & Be Fit **30**
9:30 AM Trip to CALF &
Lunch at La
Loma
10:00 AM Drama Workshop
11:30 AM VOA Lunch-Sweet &
Sour Sausage, Brown
Rice, Vegetables,
Hawaiian Roll, Fruit &
Pudding
1:15 PM Duplicate Bridge

9:30 AM Current Events **31**
11:00 AM Twist & Bend
(2 of 6)
1:00 PM Afternoon of Games
1:00 PM Knit & Crochet

TRIP LEGEND
Young at Hearts - easy-going, board a bus,
minimal walking, intermittent seating
Ramblers - pleasant, walking up to a couple of blocks,
climb short flight of stairs, stand at least 30 minutes at
a time
The Geri-Activees - moderate, possible incline and/or
altitude, may not provide easy access for canes,
walkers, or wheelchairs
The Go Go's - extreme, many stairs and/or incline,
high altitude. Please see a staff member if you need
help deciding if an activity is right for you.