

May 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAPPY BIRTHDAY
Kimberly Adams 5-1
Latrell Lawrence 5-23

8:00-3:00 Gym on your own. 1
 09:30-10:15 Coffee & Socializing
10:30-11:00 Alina Venick, Attorney
Georgia Legal Services Program
 11:30-12:15 Lunch
 12:30-1:30 Cards/Games/Wii/
 Puzzles/Fitness

8:00-3:00 Gym on your own. 2
 09:30-10:15 Coffee &
 Socializing
10:00-11:00 Devotion
(Optional) with Mr. McDuffie
 11:30-12:15 Lunch
 12:30-1:30 Cards/Games/Wii/
 Puzzles/Fitness

12:00-3:00 Gym on your own. 3
Virtual Congregate
 Zumba Gold
<https://youtu.be/wfOB8fXqVZI>
 Standing Pilates for Seniors
https://youtu.be/i3PYS_jsA1c

8:00-3:00 Gym on your own. 6
FUNDAY MONDAY
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/
 Puzzles/Fitness/Ping Pong/Shuffle
 Board/Gym/Billiards

8:00-3:00 Gym on your own. 7
 09:30-10:15 Coffee & Socializing
10:30-11:00 Base Ball Bean
Bag Toss
 11:30-12:15 Lunch
 12:30-1:00 Cards/Puzzles/
 Billiards/Games/Wii/Senior
 Fitness

8:00-3:00 Gym on your own. 8
 09:30-10:15 Coffee & Socializing
 10:30-11:30

 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

Mother's Day Celebration 9
Ladies Only Day Outing
Lunch & Shopping



9:00-1:00 Gym on your own. 10
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/
 Puzzles/Fitness/Ping
 Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 13
FUNDAY MONDAY
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/
 Puzzles/Fitness/Ping Pong/Shuffle
 Board/Gym/Billiards

8:00-3:00 Gym on your own. 14
 09:30-10:15 Coffee &
 Socializing
 10:30-11:30 **Exercise w/Dr.**
Brooke
 11:30-12:00 Lunch
 12:30-1:00 Cards/Games/Wii/
 Puzzles/Fitness

8:00-3:00 Gym on your own. 15
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10:30 Shana Shoden/MedLink
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/
 Puzzles/Fitness/Ping Pong/Shuffle
 Board/Gym/Billiards

8:00-3:00 Gym on your own. 16
 09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion
(Optional) with Mr. McDuffie
11:45 Banks Co. EMS Health
Screenings
 11:30-12:15 Lunch
 12:30-1:30 Cards/Games/Wii/
 Puzzles/Fitness

9:00-1:00 Gym on your own. 17
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/
 Puzzles/Fitness/Ping
 Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 20

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness

10am-11am Tai Chi w/ Ms. Whitmire

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 21

09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

Movie Matinee



8:00-3:00 Gym on your own. 22

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Bean Bag
Baseball**

11:30-12:15 Lunch

12:30-1:30 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. 23

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Devotion
(Optional) with Mr. McDuffie**

11:30-12:15 Lunch

12:30-1:30 Cards/Games/Wii/
Puzzles/Fitness

9:00-1:00 Gym on your own. 24

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

Center is closed 27



Memorial Day

8:00-3:00 Gym on your own. 28

09:30-10:15 Coffee & Socializing

10:30-11:30 **Gail Jones**

Singing

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness



Lunch Out 29

Lake Hartwell Wildlife Safari

Senior Price \$5

Bags of food sold separately



8:00-3:00 Gym on your own. 30

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Devotion
(Optional) with Mr. McDuffie**

11:30-12:15 Lunch

12:30-1:30 Cards/Games/Wii/
Puzzles/Fitness

9:00-1:00 Gym on your own. 31

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards