

MON	TUE	WED	THU	FRI
<b>1</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> 11:00 Favorite Memory Share 12:00 Lunch Served	<b>2</b> 8-12:00 Coffee/Chat/Cards <b>9:00 Chair Yoga</b> <b>9:30 Coffee and Donuts w/ Village Medical</b> 11:00 Bingo <b>Birthday Celebration Day!</b>	<b>3</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 8-12 Open Art Studio 9:15 Knitting Group <b>10:30 Tai Chi</b> 12:00 Lunch Served	<b>4</b> <b>Happy Cinco de Mayo!</b> <b>8:00-10:00 Table Games</b> 9:00 Inspirations <b>10:30 Group trip to El Porton Mexican Restaurant</b>	<b>5</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Brain Teasers <b>10:00 Exercise Class</b> 11:00 Bingo 12:00 Lunch Served
<b>8</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> 11:00 Brain Games 12:00 Lunch Served	<b>9</b> 8-12:00 Coffee/Chat/Cards <b>9:15 Chair Yoga</b> <b>10:00 Craft time with Longleaf Hospice</b> 11:00 Bingo 12:00 Lunch Served	<b>10</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 8-12 Open Art Studio 9:15 Knitting Group <b>10:30 Tai Chi</b> 12:00 Lunch Served	<b>11</b> 8:00 Coffee, Tea & Chat <b>8:00-10:00 Table Games</b> 9:00 Inspirations <b>10:30 Group trip to First Watch Restaurant</b>	<b>12</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Charades <b>10:00 Exercise Class</b> 11:00 Bingo 12:00 Lunch Served
<b>15</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> 11:00 Word Games 12:00 Lunch Served	<b>16</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:15 Chair Yoga</b> <b>10:00 Nutrition Class</b> 11:00 Bingo 12:00 Lunch Served	<b>17</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 8-12 Open Art Studio 9:15 Knitting Group <b>10:30 Tai Chi</b> 12:00 Lunch Served	<b>18</b> 8:00 Coffee, Tea & Chat 9:00 Inspirations <b>10:00 Site Council</b> <b>10:30 Group trip to Golden Corral</b>	<b>19</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Photo Share <b>10:00 Exercise Class</b> 11:00 Bingo 12:00 Lunch Served
<b>22</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> 11:00 Trivia 12:00 Lunch Served	<b>23</b> <b>10:00 - 12:00 Celebration of Older Americans Month</b> <b>Milton Mayor Jamison Handbell Choir Performance</b> <b>Milton Cares w/ BP Checks Scams &amp; Fall Prevention</b>	<b>24</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 8-12 Open Art Studio 9:15 Knitting Group <b>10:30 Tai Chi</b> 12:00 Lunch Served	<b>25</b> 8:00 Coffee, Tea & Chat <b>8:00-10:00 Table Games</b> 9:00 Inspirations <b>9:30 Group trip to Walmart and Cracker Barrel</b>	<b>26</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 9:00 Improve your Memory <b>10:00 Exercise Class</b> 11:00 Bingo 12:00 Lunch Served
<b>29</b> <b>Happy Memorial Day!</b>  <b>Center Closed</b>	<b>30</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:15 Chair Yoga</b> <b>10:00 Improve your memory</b> 11:00 Bingo 12:00 Lunch Served	<b>31</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... 8-12 Open Art Studio 9:15 Knitting Group <b>10:30 Tai Chi</b> 12:00 Lunch Served	<b>MILTON CARES</b> <b>comes in once a week for blood pressure checks, questions and answers and conversation</b>	<b>BIRTHDAYS</b> Iyoko 5/2 Melvern 5/17 Bonnie 5/18