


Two Rivers Senior Center Activity Calendar MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 6-8 Walking/Members 8:30 Committee on Aging 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Mary Poppins Returns	3 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Let's Get Moving! 1:00 Bingo	4 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Cardio Drumming 10:30 Card Creators 11:30 Lunch 1:30 Cribbage	5 6-8 Walking/Members 8:00 ADRC Benefit Specialist 9:15 Simply Seniors (P&R) 11:30 Lunch NO Sheepshead Senior Center Closed at 1pm Cinco de Mayo Dinner To-Go 3-5pm ~ Walk-Ins Welcome	6 6-8 Walking/Members 8:30 Quilting 11:30 Lunch
9 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Dream Horse	10 BAKE SALE 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Blood Pressure 10:30 Arthritis Exercise 11:30 Lunch 1:00 Let's Get Moving! / 1:00 Bingo	11 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Cardio Drumming 10:30 Card Creators 11:30 Lunch 1:30 Cribbage	12 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 12:30 Friends Board Meeting 1:00 Sheepshead	13 6-8 Walking/Members 8:30 Quilting 11:30 Lunch
16 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch 1:00 Movie: Senior Moment	17 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Let's Get Moving! 1:00 Bingo	18 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Cardio Drumming 10:30 Card Creators 11:30 Lunch 1:30 Cribbage	19 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 1:00 Sheepshead 1:00 Red Hattitudes Trip to Fireside: Church Basement Ladies	20 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Last Day to reserve a Creation Station Kit
23 6-8 Walking/Members 9:00 Strong Bodies 11:30 Lunch Koska 1:00 Movie: About Hope	24 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 12:30 Understanding Grief & Loss 1:00 Let's Get Moving! 1:00 Bingo	25 6-8 Walking/Members 8:30 Foot Care appts. 9:00 Cardio Drumming 10:30 Card Creators 11:30 Lunch 1:30 Cribbage	26 6-8 Walking/Members 9:15 Simply Seniors (P&R) 11:30 Lunch 12:30 Coping with Grief 1:00 Sheepshead Creation Station pick-up	27 6-8 Walking/Members 8:30 Quilting 11:30 Lunch Creation Station pick-up
30 	31 6-8 Walking/Members 9:15 Simply Seniors (P&R) 9:30 Mahjong 10:30 Arthritis Exercise 11:30 Lunch 1:00 Let's Get Moving! NO Bingo	