

May

Senior Day Activity Calendar

9:00	9:00	9:00	coffee + conversation	9:00	coffee + conversation	9:00	coffee + conversation
9:30	9:30						
10:00	10:00	10:00	table games + craft	10:00	table games + craft	10:00	table games + craft
10:30	10:30			10:30	puppies		
11:00	11:00	11:00	cardio drumming	11:00	fall prevention stretches	11:00	seated dance yoga
11:30	11:30						

