

# Peggy Seegers Senior Center Program Calendar

## MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 Tone & Tighten Class 1:00 Beginner Line Dance 2:00 Craft Class Computer Room Times Available	1:00 Crochet/Knitting Group Billiard & Fitness Room Times Available	10:00-11:15 Devotional Study Computer Room Times Available	8:30 Painting Group Wages Grab & Go Meals Billiard & Fitness Room Times Available 12:30 Eat Smart, Move More	11:30 Intermediate Tap 12:30 Beginner Tap Fitness Room Times Available Corn Hole Times Available
10	11	12	13	14
9:30 Tone & Tighten Class 1:00 Beginner Line Dance 2:00 Craft Class Computer Room Times Available	9:30 Arthritis Class 11:30 Hiking Group ** 1:00 Crochet/Knitting Group Billiard & Fitness Room Times Available	10:00-11:15 Devotional Study 2:30 Tai Chi-Part 1- <u>Tai Chi class may be attended by Preregistration ONLY!</u>	8:30 Group Exercise 8:30 Painting Group 9:30 Arthritis Class 2:00 Tai Chi Wages Grab & Go Meals Billiard & Fitness Room Times 12:30 Eat Smart, Move More	9:15 Intermediate Line Dance 10:30 Cardio Exercise 11:30 Intermediate Tap 12:30 Beginner Tap Fitness Room Times Available Corn Hole Times Available
17	18	19	20	21
9:30 Tone & Tighten Class 1:00 Beginner Line Dance 2:00 Craft Class Computer Room Time Slots Available	9:30 Arthritis Class 1:00 Crochet/Knitting Group Billiard & Fitness Room Times Available	<u>Senior Fun Day in the Park</u> 10 am to 1 pm-Herman Park Senior Center closed until 2:00 2:30 Tai Chi	8:30 Group Exercise 8:30 Painting Group 9:30 Arthritis Class 2:00 Tai Chi Wages Grab & Go Meals Billiard & Fitness Room Times 12:30 Eat Smart, Move More	9:15 Intermediate Line Dance 10:30 Cardio Exercise 11:30 Intermediate Tap 12:30 Beginner Tap Fitness Room Times Available Corn Hole Times Available
24	25	26	27	28
9:30 Tone & Tighten Class 1:00 Beginner Line Dance 2:00 Craft Class Computer Room Time Slots Available	9:30 Arthritis Class 11:30 Walking Group 1:00 Crochet/Knitting Group Billiard & Fitness Room Times Available	9:30 Group Exercise 10:00-11:15 Devotional Study 2:00 Tai Chi Computer Room Time Slots Wages Drive Thru Event	8:30 Painting Group 9:30 Arthritis Class 2:00 Tai Chi Wages Grab & Go Meals Billiard & Fitness Room Times Available 12:30 East Smart, Move More	9:15 Intermediate Line Dance 10:30 Cardio Exercise 11:30 Intermediate Tap 12:30 Beginner Tap Fitness Room Times Available Corn Hole Times Available
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<b>MEMORIAL DAY CLOSED</b>	<u>** - Bring Water &amp; Lunch</u>	Tone & Tighten and Group Exercise are both offered in person and on ZOOM.	<b>ALL activities require Preregistration!</b>	

# Special Events for May 2021

## SPECIAL EVENTS AND ADJUSTED ACTIVITIES FOR COVID

TITLE	DATE	TIME	DESCRIPTION
WAGES Grab & Go Frozen Meals	Thursday's in April	10:30am-11:30am	Call Wages to register-919-580-1790.
Senior Fun Day in the Park	Wednesday, May 19th	10:00am-1:00pm	Herman Park Center
Happy Mother's Day	Sunday, May 9th		
Tai Chi	May12-July 15, 2021	2:00 pm	<b><u>Class size is limited and registration is required.</u></b> This class meets twice a week for 10 weeks and we ask for your dedicated attendance.
Eat Smart, Move More, Take Control	May 6– June 24	12:30 pm	<b><u>Registration is required.</u></b> Disease prevention program that provides strategies to help adults manage their health.
WAGES Senior Companion Recruitment Drive Thru	May 26	12:00 –2:00 pm	Pick up goody bags containing information on the Senior Companion Program and how to volunteer.

**See other side for Daily Activity Calendar!**