

Weekly Classes & Events

Pinochle & Pitty-Pat Are Back!!!!

Tuesdays, 11:30am-2:30pm
Wednesdays, 10:00am-2:30pm
Fridays-11:30am-2:30pm

MONDAYS

JEWELRY CLASS • 10AM-12PM

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD •

12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

POTTERY CLASS • 10AM-12PM

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines. Now is the time to show off your talent! Cost: \$3.00

MR. BROWN'S COMPUTER CLASS • 10-11AM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

CHAIR MASSAGE • 10AM (MAY 7 & 21)

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM

Make beautiful hand crafted items that you can take home. Cost: \$2.00

WEDNESDAYS

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

PAINTING CLASS • 10AM-12PM

In the Art Room
Join our painting class with Sheena Garcia. This class will allow you to express yourself through painting. Cost: \$2.00

BIBLE STUDY • 10-10:45AM

Join Jewelyn Williams for a non-denominational study of the Bible. Free

FITNESS CLASS WITH NOEL • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

PAPER MACHE CLASS • 12:30-2:30PM

In the Art Room
Learn this artform with Sheena Garcia. Cost: \$2.00.

THURSDAYS

ARTS & CRAFTS CLASS • 10AM

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10-11AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.

CREATE A STITCH WITH A TWIST ADVANCED CLASS • 12:30-2:30PM

Join Deborah Garlington for a fun and colorful way of creating your very own garment. With our Advanced Class take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects.

"IT'S A MIND THANG"

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

FRIDAYS

BINGO • 9:30-11AM

In The Dining Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

CROCHET CLASS • 10AM-12PM

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

LINE DANCING W/MARTINA BEGINNER & INTERMEDIATE • 10-11AM

Love to dance? Whether you have never danced before or have line dance experience and are ready to challenge yourself to the next level, this is the class for you! Cost: \$1.00

CREATE A STITCH WITH A TWIST BEGINNER CLASS • 12:30-2:30PM

Join Deborah Garlington to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

NOTABLE DAYS IN MAY

- 1 May Day
- 2 National Day of Prayer
- 5 Cinco de Mayo
- 8 World Red Cross Day
- 8 National Receptionists Day
- 12 Mother's Day
- 15 International Day of Families
- 15 National Pizza Party Day
- 16 International Day of Light
- 17 World Hypertension Day
- 17 Bike-to-Work Day
- 20 World Bee Day
- 24 National Brother's Day
- 25 National Missing Children's Day
- 26 Trinity Sunday
- 27 Memorial Day
- 31 World No Tobacco Day
- 31 National Smile Day