

NEW CASTLE SENIOR CENTER

MAY

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 9:15 Park Walk 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 9:15 Park Walk 10:30 Knit/ Crochet 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 10:00 Games w/Tom 10:00 Crafty Seniors 12:00 Lunch 12:30 Super Market 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 9:15 Park Walk 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

MAY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		10:00 Pinochle 10:00 Chair Yoga 10:00 Adult Coloring	9:00 Bank & PO 12:30 Shop Rite 5:00 Pot Luck Dinner	11:30 Brain Boosters
7	8	9	10	11
10:00 Matter of Bal. 10:00 Mah Jongg Lessons 10:00 Resources for Rx drugs & Medicare Info	12:30 Pokeno	10:00 Care Wear 10:00 Home Modifications	12:30 Food Lion	11:30 "Moments for Mother's Day"
14	15	16	17	18
9:30 C&D Senior Center: bingo/lunch 10:00 Matter of Balance 10:00 Mah Jongg Lessons	9:00-3:00 AARP Driver Safety Basic Class	10:00 Blood work 10:00 Pinochle	9:00 Bank & PO 9:45 Foot Care Clinic 10:00 Blood Pressure Screenings 12:30 Shop Rite	12:30 New Castle Farmer's Market
21	22	23	24	25
10:00 Mah Jongg Lessons 11:00 Book Club 12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution	9:30 Rockwood Museum and Gardens 10:00 Reminisce Grp 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me 12:30 Food Lion 4:00 Movie Club	12:30 Dollar Store
28	29	30	31	
CENTER CLOSED MEMORIAL DAY		10:00 Hypertension 10:45 Lunch out-Woodys 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite	