

NEW CASTLE SENIOR CENTER

MAY

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 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 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 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 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
		10:00 Pinochle 10:00 Chair Yoga 10:00 "A, B, C and D's of Medicare" 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Shop Rite 5:00 Pot Luck Dinner	12:30 Brain Boosters
6	7	8	9	10
10:00 Generations Home Care: "Aging in Place"		10:00 Care Wear 11:00 Lunch out: Bertucci's	12:30 Food Lion	12:00 Older Americans Month Celebration: Cake & Entertainment by Meeta Parker
13	14	15	16	17
10:00 DE Council on Gambling Problems 10:30 Book Club	12:30 Pokeno	8:30 Turkey Hill Experience 10:00 Pinochle 10:00 Blood Work 10:00 Div. of Public Health: "Healthy Homes/Healthy Lives"	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Shop Rite 4:30 Old is Not Easy	12:30 New Castle Farmer's Market
20	21	22	23	24
10:00 Adult Coloring 12:15 Birthday Celeb 12:30 Brain Boosters		10:00 Nutrition Ed: "Spill the Salt"	9:00 Stand by Me 12:30 Food Lion 4:00 Movie Night	12:30 Dollar Store
27	28	29	30	31
CENTER CLOSED MEMORIAL DAY	12:30 Food Distribution	9:30 Trip-Winterthur 10:00 Reminisce Group 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite	12:30 Ice Cream Social