

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>11:00-3:00</b> 1 <b>Computer Lab</b>  *11:00 Krafting  <b>3:00-4:00 Open Gym</b>	2  *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 3 <b>Computer Lab</b>  *11:00 In-Person BINGO  <b>3:00-4:00 Open Gym</b>	4  *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 5 <b>Computer Lab</b>  <b>10:00 Garden Club</b>	6
7	<b>11:00-3:00</b> 8 <b>Computer Lab</b>  *11:00 Krafting  <b>3:00-4:00 Open Gym</b>	9  *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 10 <b>Computer Lab</b>  *11:00 In-Person BINGO  <b>3:00-4:00 Open Gym</b>	11  *11:00 In-Person BINGO *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 12 <b>Computer Lab</b>	13
14	<b>11:00-3:00</b> 15 <b>Computer Lab</b>  *11:00 Krafting  <b>3:00-4:00 Open Gym</b>	16  *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 17 <b>Computer Lab</b>  *11:00 In-Person BINGO  1:00 ZUMBA  <b>3:00-4:00 Open Gym</b>	18  *11:00 In-Person BINGO *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 19 <b>Computer Lab</b>  <b>Senior Social (Ice Cream Social)</b>	20
21	<b>11:00-3:00</b> 22 <b>Computer Lab</b>  <b>3:00-4:00 Open Gym</b>	23  *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 24 <b>Computer Lab</b>  <b>3:00-4:00 Open Gym</b>	25  *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 26 <b>Computer Lab</b>	27
28	<b>11:00-3:00</b> 29 <b>Computer Lab</b>  *11:00 Krafting  <b>3:00-4:00 Open Gym</b>	30  *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+	<b>11:00-3:00</b> 31 <b>Computer Lab</b>  *11:00 In-Person BINGO  <b>3:00-4:00 Open Gym</b>			

## Quick Reference Guide to Get You Involved

**Need to Join Us Virtually? Here are some Virtual Programs for you to consider:**

- **Tea-Time with Kenya**- Join the senior group to have conversation everyday life topics and how it relates to the older adult.
- **Virtual BINGO**- Want to play BINGO? Join this interactive fun game of online BINGO; maybe its your day to win a prize 😊.
- **ZUMBA**- Like exercising in the comfort of your own home. Join us as we chair groove to the latest tunes for a low impact workout.

**It's always great to see your smiling faces! Join us for In-Person Programs:**

- **“Krafting with Kenya”**- Come join you fellow seniors with making crafts that will bring out your creative side. Items are taken home after completed.
- **In-Person BINGO**- Want to play BINGO? Join this interactive fun game of **IN-PERSON BINGO**; maybe it's your LUCKY day to win a prize 😊.
- **Garden Club**-Got a “green thumb”? Help keep “The Della Hayden Community Garden” thriving with fresh vegetables, fruits, herbs, and flowers.
- **TaylorMade Fitness 60+**- Ready to Move and Groove to the beat? Join LaKenneth Kindred as he teaches a low impact class with weights, stretching, and walking.
- **Computer Lab**- Open to residents of Hayden Village and the clients who participates in programs offered at the center.
- **Open Gym**-Open to residents of Hayden Village to be able to have a safe place to walk.

**For more information on how to get involved, rent the facility for space usage, and/or SIGN UP for activities please contact Kenya Morton at (757) 222-4527. To get more information about Senior Services of Southeastern Virginia contact us at (757) 461-9481.**