

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1 style="text-align: center;">MARCH 2023</h1> <h2 style="text-align: center;">Hayden Village Center Activity Calendar 60+</h2>		<p style="text-align: right;">1</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Eat Smart Move More</p> <p>*1:00 In-Person BINGO</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">2</p> <p>*11:00 In-Person BINGO</p> <p>*1:00 Virtual BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p style="text-align: right;">3</p> <p>11:00-3:00 Computer Lab</p>	<p style="text-align: right;">4</p>	
<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p>11:00-3:00 Computer Lab</p> <p>*1:00 Krafting</p> <p>3:00-4:00 Open Gym <small>Purim Begins</small></p>	<p style="text-align: right;">7</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p style="text-align: right;">8</p> <p>11:00-3:00 Computer Lab</p> <p>*1:00 In-Person BINGO</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">9</p> <p>*11:00 In-Person BINGO</p> <p>1:00-2:00 Bookmobile</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p style="text-align: right;">10</p> <p>11:00-3:00 Computer Lab</p> <p>*10-2 Out & About Day with Soc & Rec</p>	<p style="text-align: right;">11</p>
<p style="text-align: right;">12</p> <p><small>Daylight Saving Time Begins</small></p>	<p style="text-align: right;">13</p> <p>11:00-3:00 Computer Lab</p> <p>*1:00 Krafting</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">14</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p style="text-align: right;">15</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Eat Smart Move More</p> <p>*1:00 Dance Fitness</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">16</p> <p>*11:00 In-Person BINGO</p> <p>*1:00 Virtual BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p style="text-align: right;">17</p> <p>11:00-3:00 Computer Lab</p> <p><small>St. Patrick's Day</small></p>	<p style="text-align: right;">18</p>
<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>11:00-3:00 Computer Lab</p> <p>*1:00 Krafting</p> <p>3:00-4:00 Open Gym <small>Spring Begins</small></p>	<p style="text-align: right;">21</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p style="text-align: right;">22</p> <p>11:00-3:00 Computer Lab</p> <p>10:00 Therapeutic Recreation</p> <p>*1:00 In-Person BINGO</p> <p>3:00-4:00 Open Gym <small>Ramadan Begins</small></p>	<p style="text-align: right;">23</p> <p>*11:00 In-Person BINGO</p> <p>1:00-2:00 Bookmobile</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p style="text-align: right;">24</p> <p>11:00-3:00 Computer Lab</p>	<p style="text-align: right;">25</p>
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>11:00-3:00 Computer Lab</p> <p>*1:00 Krafting</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">28</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p style="text-align: right;">29</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Eat Smart Move More</p> <p>*1:00 In-Person BINGO</p> <p>3:00-4:00 Open Gym</p>	<p style="text-align: right;">30</p> <p>*11:00 In-Person BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p style="text-align: right;">31</p> <p>11:00-3:00 Computer Lab</p> <p>10:00-12:00 TAO</p>	

Senior Services-680 Oak Street, Franklin Virginia 23851 **Call Kenya at (757) 222-4527** for more information *30mins. Of Socialization Time Pre & Post Activity

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 on 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 it's your day to win a prize 😊.

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

- **"Krafting with Kenya"**- Come join your fellow seniors with making crafts that will bring out your creative side. Items are taken home after completed.
- **Mindful Tuesday**-Put your thinking caps on! Join in on the fun as we do trivia, play word games, and other mind stimulating activities.
- **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 😊.
- **Eat Smart-Move More**- Come join your fellow seniors as we learn about healthier ways of eating and staying active.
- **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.
- **Dance Fitness**-Do you like to dance? Join us **In-person** as we grove to the music and get a low impact workout in through many dance steps such as salsa moves and line dancing.
- **TAO presents**- Various artist come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Bookmobile**-Enjoy reading? In need of a library card? Come check out a book or a DVD with the help of Blackwater Regional Library.
- **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.