

Sunday

Monday

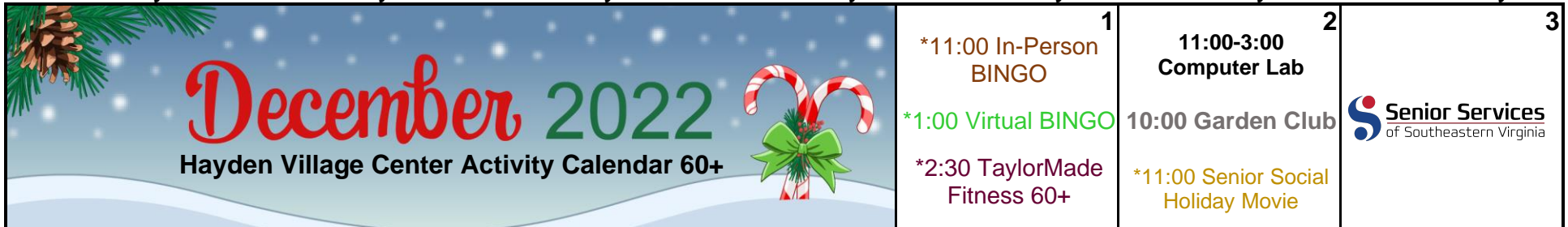
Tuesday

Wednesday

Thursday

Friday

Saturday



<p>4</p>	<p>5</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Krafting</p> <p>3:00-4:00 Open Gym</p>	<p>6</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>7</p> <p>11:00-3:00 Computer Lab</p> <p>3:00-4:00 Open Gym</p>	<p>8</p> <p>Senior Social "Winter Wonderland" 10:30-1:30</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>9</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Senior Social Holiday Movie</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Krafting</p> <p>3:00-4:00 Open Gym</p>	<p>13</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>14</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>15</p> <p>*1:00 Virtual BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>16</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Senior Social Holiday Movie</p>	<p>17</p>
<p>18</p> <p>Hanukkah Begins</p>	<p>19</p> <p>11:00-3:00 Computer Lab</p> <p>*11:00 Krafting</p> <p>3:00-4:00 Open Gym</p>	<p>20</p> <p>*10:00 Tea-Time</p> <p>*11:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>21</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 Winter Begins</p>	<p>22</p> <p>*11:00 In-Person BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>23</p> <p>Hayden Center Closed</p>	<p>24</p>
<p>25</p> <p>Christmas</p>	<p>26</p> <p>Hayden Center Closed</p> <p>Boxing Day (Canada) Kwanzaa Begins</p>	<p>27</p> <p>Hayden Center Closed</p>	<p>28</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>29</p> <p>*11:00 In-Person BINGO</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p>30</p> <p>11:00-3:00 Computer Lab</p>	<p>31</p> <p>New Year's Eve</p>

**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.
- **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.
- **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.
- **Singing from the Soul with Myra Smith**- Love oldies but goodies, come join us as we sing along with Myra Smith and her favorite tunes.
- **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.**