

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			<p>1 1:00 In-Person BINGO Wacky Wednesday Pastel Color Day <small>All Fools' Day Passover Begins</small></p>	<p>2 1:00 Trivia Thursday All About Easter *2:30 TaylorMade Fitness 60</p>	<p>3 10:30 Fitness Friday Chair 11:00 TAO 11:00-3:00 Computer Lab</p>	<p>4</p>
<p>5 Easter Sunday</p>	<p>6 11:00 Krafting w/ Kenya</p>	<p>7 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+</p>	<p>8 11:00 Wellness Wednesday 1:00 Game Day "Put it Together"</p>	<p>9 1:00 Trivia Thursday *2:30 TaylorMade Fitness 60</p>	<p>10 10:30 Fitness Friday "Wii" 11:00 Silver Surfers Computer Lab 12:00-2:00 Senior Social</p>	<p>11</p>
<p>12</p>	<p>13 11:00 Musical Monday *1:30-3:00 Line Dancing</p>	<p>14 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+</p>	<p>15 10:15-12:15 Devoted Health "Plant with Me" & City of Franklin Parks & Rec BINGO</p>	<p>16 1:00 Trivia Thursday All About Gardening *2:30 TaylorMade Fitness 60</p>	<p>17 10:30 Fitness Friday 11:00-3:00 Computer Lab</p>	<p>18</p>
<p>19</p>	<p>20 11:00 Krafting w/ Kenya *1:30-3:00 Line Dancing</p>	<p>21 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+</p>	<p>22 11:00 Wellness Wednesday "Veggie Day" 2:30-4:00 Bunny BINGO Event RSVP <small>Earth Day Administrative Professionals Day</small></p>	<p>23 1:00 Trivia Thursday *2:30 TaylorMade Fitness 60</p>	<p>24 10:30 Fitness Friday 11:00 TAO 11:00 Silver Surfers Computer Lab <small>Arbor Day</small></p>	<p>25</p>
<p>26</p>	<p>27 11:00 Musical Monday *1:30-3:00 Line Dancing</p>	<p>28 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+</p>	<p>29 1:00 In-Person BINGO Wacky Wednesday Spring Hat Day</p>	<p>30 1:00 Trivia Thursday All About Spring *2:30 TaylorMade Fitness 60</p>		

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

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.
- **Musical Mondays**- Have you ever wanted to play a triangle? Or beat a drum? Let's get together and make some music.
- **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 😊.
- **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.
- **Trivia Thursday**- Put your thinking caps on! Join in on the fun as we do trivia questions and learn more about the world and history.
- **TAO presents**- Various artists come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Fitness Friday**- We know you love music...Do you love fitness too? Come join the fun as we stretch, lift weights, and move our bodies from our chairs...End your week with a sweaty beat 😊!
- **Fun Fact Friday**- Have you ever wanted to learn something new or go on an adventure without leaving your chair? Here is your chance to do just that. Come learn about exciting celebrations here and around the world.
- **Line Dancing**- Put your dancing shoes on! Come out and learn the latest line dances with **Embrace the Move**.
- **Computer Lab**- Open to residents of Hayden Village and the clients who participate in programs offered at the center.
- **Open Gym**-Open to residents of Hayden Village to be able to have a safe place to walk.
- **Silver Surfers**- Aging Digitally! Learn to connect to public Wi-Fi, set up and use email, download and use an app, learn how to video chat, and use telehealth to access appointments and other medical needs. **To enroll call Kim Forbes @ 757-222-4526**

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.