

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	1 11:00 Musical Monday *1:30-3:00 Line Dancing	2 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+	3 1:00 In-Person BINGO Wacky Wednesday Red or Green Day	4 Senior Social Art Pop-Up Event *2:30 TaylorMade Fitness 60+	5 <i>*Last day to RSVP for EVENT</i> Senior Social Movie Friday 11:00-3:00 Computer Lab	6 
7 	8 11:00 Krafting *1:30-3:00 Line Dancing	9 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+	10 1:00 In-Person BINGO Wacky Wednesday Wear Your Santa Hat, Elf Ears, or Reindeer Ears	11 11:00 Trivia Thursday *2:30 TaylorMade Fitness 60+	12 10:30 Fitness Friday Chair Fitness 11:00 TAO 11:00-3:00 Computer Lab	13
14 	15 11:00 Krafting & Sing Along *1:30-3:00 Line Dancing	16 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+	17 Soc & Rec Holiday Black Tie *RSVP only 	18 1:00 Game Day Minute to Win It *2:30 TaylorMade Fitness 60+	19 10:30 Fitness Friday Chair Fitness Senior Social Movie Friday 11:00-3:00 Computer Lab	20
21 	22  *1:30-3:00 Line Dancing	23 10:00 Tea-Time  *2:30 TaylorMade Fitness 60+	24  CLOSED	25 CLOSED  Christmas	26 CLOSED Boxing Day (Canada) Kwanzaa Begins	27
28 	29 11:00 Musical Monday *1:30-3:00 Line Dancing	30 *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60+	31  New Year's Eve			

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

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.
- **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.

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.