

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>September 2022</i> Hayden Center Activity Calendar 60+</p>				<p>1 *11:00 In-Person BINGO *2:30 TaylorMade Fitness 60+</p>	<p>2 11:00-3:00 Computer Lab 10:00 Garden Club</p>	<p>3</p>
<p>4</p>	<p>5 Hayden Center Closed Labor Day</p>	<p>6 *10:00 Tea-Time *2:30 TaylorMade Fitness 60+</p>	<p>7 11:00-3:00 Computer Lab *11:00 In-Person BINGO 3:00-4:00 Open Gym</p>	<p>8 *11:00 In-Person BINGO *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+</p>	<p>9 11:00-3:00 Computer Lab</p>	<p>10</p>
<p>11 Grandparents Day</p>	<p>12 11:00-3:00 Computer Lab 3:00-4:00 Open Gym</p>	<p>13 *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+</p>	<p>14 11:00-3:00 Computer Lab *11:00 In-Person BINGO 3:00-4:00 Open Gym</p>	<p>15 *11:00 In-Person BINGO *2:30 TaylorMade Fitness 60+</p>	<p>16 11:00-3:00 Computer Lab</p>	<p>17 Oktoberfest Begins</p>
<p>18</p>	<p>19 11:00-3:00 Computer Lab *11:00 Krafting 3:00-4:00 Open Gym</p>	<p>20 *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+</p>	<p>21 11:00-3:00 Computer Lab *11:00 In-Person BINGO *1:00-2pm Dance Fitness 3:00-4:00 Open Gym</p>	<p>22 *11:00 In-Person BINGO *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+ Autumn Begins</p>	<p>23 11:00-3:00 Computer Lab Senior Social "Fall Harvest" 1-2pm</p>	<p>24</p>
<p>25 Rosh Hashanah Begins</p>	<p>26 11:00-3:00 Computer Lab *11:00 Krafting 3:00-4:00 Open Gym</p>	<p>27 *10:00 Tea-Time *11:00 Krafting *2:30 TaylorMade Fitness 60+</p>	<p>28 11:00-3:00 Computer Lab *11:00 In-Person BINGO 3:00-4:00 Open Gym</p>	<p>29 *11:00 In-Person BINGO *2:30 TaylorMade Fitness 60+</p>	<p>30 11:00-3:00 Computer Lab</p>	

Senior Services - 680 Oak Street, Franklin, Virginia 23851 Call Kenya at (757) 222-4527 for more information * 30 mins. 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 its 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.
- **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.