

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

## Hayden Village Center Activity Calendar 60+

				1 Water Challenge starts. 1:00 In-Person BINGO 3:00-4:00 Open Gym <small>May Day</small>		2 *1:00 Game Day *2:30 TaylorMade Fitness 60+		3 Garden Club 11:00-3:00 Computer Lab		4	
5 <small>Cinco de Mayo</small>		6 Walking Club TAO *1:00 Musical Mondays 3:00-4:00 Open Gym		7 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60		8 Independent Living Expo 10am-2pm		9 *11:00 In-Person BINGO *2:30 TaylorMade Fitness 60		10 11:00 Fitness Friday	
12 <small>Mother's Day National Skilled Nursing Care Week</small>		13 On the Road with Kenya 3:00-4:00 Open Gym		14 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60		15 1:00 In-Person BINGO 3:00-4:00 Open Gym		16 Walking Club 1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+		17 Garden Club 11:00-3:00 Computer Lab <small>Armed Forces Day</small>	
19		20 Walking Club Older Americans Month Activity 3:00-4:00 Open Gym <small>Victoria Day (Canada)</small>		21 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60		22 10:00 Therapeutic Recreation 3:00-4:00 Open Gym		23 *1:00 Game Day *2:30 TaylorMade Fitness 60+		24 11:00 Fitness Friday Senior Social Field Trip Friday "Strawberry Month"	
26		27 CLOSED For Holiday <small>Memorial Day</small>		28 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60		29 1:00 In-Person BINGO 3:00-4:00 Open Gym		30 Walking Club *1:00 Game Day *2:30 TaylorMade Fitness 60+		31 Garden Club 11:00-3:00 Computer Lab	



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

## 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.
- **"On the Road with Kenya"**- Enjoy crafting? Here's a chance for you to Create & Craft with Hayden's Soc & Rec Coordinator in a group setting as she travels to your site. Let's create your masterpiece! 🎨
- **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.
- **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...End your week with a sweaty beat 😊!
- **Field Trip 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; maybe even taste some tasty treats 😊!
- **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.**