

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00-3:00 ¹ Computer Lab *1:00 Krafting 3:00-4:00 Open Gym <small>May Day</small>	² *10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	³ 11:00-3:00 Computer Lab 3:00-4:00 Open Gym	⁴ *11:00 In-Person BINGO *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+	⁵ 11:00-3:00 Computer Lab 10:00 Community Garden <small>Cinco de Mayo</small>	⁶
⁷	⁸ 11:00-3:00 Computer Lab *1:00 Krafting 3:00-4:00 Open Gym	⁹ *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	¹⁰ 11:00-3:00 Computer Lab *1:00 In-Person BINGO 3:00-4:00 Open Gym	¹¹ *11:00 Game Day 1:00-2:00 Bookmobile *2:30 TaylorMade Fitness 60+	¹² 11:00-3:00 Computer Lab *10-2 Out & About Day with Soc & Rec	¹³
¹⁴ <small>Mother's Day National Skilled Nursing Care Week</small>	¹⁵ 11:00-3:00 Computer Lab *1:00 Krafting 3:00-4:00 Open Gym	¹⁶ *10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	¹⁷ 11:00-3:00 Computer Lab *1:00 Dance Fitness 3:00-4:00 Open Gym	¹⁸ *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60+	¹⁹ 11:00-3:00 Computer Lab 10:00 Community Garden	²⁰ <small>Armed Forces</small>
²¹	²² 11:00-3:00 Computer Lab *1:00 Krafting 3:00-4:00 Open Gym <small>Victoria Day (Canada)</small>	²³ *10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	²⁴ 11:00-3:00 Computer Lab 1:00 Therapeutic Recreation 3:00-4:00 Open Gym	²⁵ *11:00 In-Person BINGO 1:00-2:00 Bookmobile *2:30 TaylorMade Fitness 60+ <small>Shavuot Begins</small>	²⁶ 11:00-3:00 Computer Lab *10:30-12:00 Senior Sing-Along	²⁷
²⁸	²⁹ Center Closed <small>Memorial Day</small>	³⁰ *10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	³¹ 11:00-3:00 Computer Lab *1:00 In-Person BINGO 3:00-4:00 Open Gym	<div> <div>May 2023</div> <div>Hayden Village Center Activity</div> </div>		

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.
- **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 😊.
- **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.
- **TAO presents**- Various artists come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Bookmobile**-Enjoy reading? In need of a library card? Come check out a book or a DVD with the help of Blackwater Regional Library.
- **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.