


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Krafting Time 12:00-1:00 Lunch 1:30-3:00 Line Dancing</p>	<p>2</p> <p>10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>3</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Wellness Wednesday 12:00-1:00 Lunch</p>	<p>4</p> <p>10:00-10:30 Coffee Talk 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>5</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 12:00-1:00 Lunch 11:30-3:00 Computer Lab</p>
<p>8</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Musical Monday 12:00-1:00 Lunch 1:30-3:00 Line Dancing</p>	<p>9</p> <p>10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>10</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00 Nutritional Education with Kirsten 12:00-1:00 Lunch 1:00-2:00 Wellness Wednesday</p>	<p>11</p> <p>10:00-10:30 Coffee Talk 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>12</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 12:00-1:00 Lunch 11:30-3:00 Computer Lab Senior Social</p>
<p>15</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Krafting Time 12:00-1:00 Lunch 1:30-3:00 Line Dancing *Last day to RSVP for July BINGO</p>	<p>16</p> <p>10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>17</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Senior Social "Father's Day" 12:00-1:00 Lunch 1:00-2:00 Wellness Wednesday</p>	<p>18</p> <p>10:00-10:30 Coffee Talk 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>19</p> <p><b>CLOSED</b> for <b>JUNETEENTH</b></p>
<p>22</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Musical Monday 12:00-1:00 Lunch 1:30-3:00 Line Dancing</p>	<p>23</p> <p>10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>24</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Cafe BINGO 12:00-1:00 Lunch 1:00-2:00 Wellness Wednesday</p>	<p>25</p> <p>10:00-10:30 Coffee Talk 10:30-11:30 BINGOcize 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+</p>	<p>26</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 11:00 ArtConnect 12:00-1:00 Lunch 11:30-3:00 Computer Lab</p>
<p>29</p> <p>10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00-12:00 Krafting Time 12:00-1:00 Lunch 1:30-3:00 Line Dancing</p>	<p>30</p> <p>10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+</p>	 <p><b>June 2026</b></p>		

**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.

**It's always great to see your smiling faces! Join us for In-Person Programs:**

- **“Krafting”-** 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.
- **ArtsConnect presents-** Various artists come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Wellness Wednesday-** Want to learn how to be a Happy Healthy You? Join us to learn how.
- **Coffee Talk-** Pour yourself a nice cup of hot coffee and chat among friends as you talk about what's going on in your world.
- **What's the Buzz-** Come join your fellow seniors and enjoy selected topics of the day.
- **Fitness Friday-** We know you love music...Do you love fitness too? Come join the fun...End your week with a sweaty beat 😊 !
- **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.

**For more information on how to get involved, SIGN UP for activities please contact Kenya Morton at (757) 222-4527.**

**\*Please Note that Lunch is only provided for registered members of the Better Together Café and requires pre-registration. Thank you!**