

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

Hayden Village Center Soc & Rec Activity Calendar 60+

				1 1:00 Trivia Thursday *2:30 TaylorMade Fitness 60 May Day	2 Walking Club 10:00 Garden Club 11:00-3:00 Computer Lab	3
4	5 10:00 Musical Monday *1:30-3:00 Line Dancing Cinco de Mayo	6 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	7 Older Americans Month Activity *11:00-12:00 Guest Speaker CyberLINC	8 11:00 In-Person Bingo *2:30 TaylorMade Fitness 60	9 11:00-3:00 Computer Lab TAO-TBD 1:00 Fun Fact Friday	10
11 Mother's Day National Skill Nursing Care Week	12 10:00 Krafting *1:30-3:00 Line Dancing	13 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	14 Flip the Script on Aging *Wear purple, blue, or green 1:00 In-Person BINGO	15 *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60	16 Walking Club 10:00 Garden Club 11:00-3:00 Computer Lab	17 Armed Forces Day
18	19 10:00 Musical Monday *1:30-3:00 Line Dancing Victoria Day (Canada)	20 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	21 Older Americans Month Activity *11:00-12:00 Guest Speaker CyberLINC	22 11:00 Game Day *2:30 TaylorMade Fitness 60	23 Senior Social Movie Day 11:00-3:00 Computer Lab	24
25	26 CLOSED Memorial Day	27 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	28 10:00 Therapeutic Recreation 1:00 In-Person BINGO	29 11:00 Trivia Thursday *2:30 TaylorMade Fitness 60	30 Walking Club 10:00 Garden Club 11:00-3:00 Computer Lab	31

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...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.