Monday	Tuesday	Wednesday	Thursday	Friday
2 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	**3** 10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 11:00-12:00 Board Games 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+	**4** 10:00-10:30 What's the Buzz 10:30-11:00 Board Games 12:00-1:00 Lunch 1:00-2:00 Wellness Wednesday	**5** 10:00-10:30 Coffee Talk 11:00 Candles & Cocoa w/ Parks & Rec 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+ ***Thankful Thursday Spirit Thursday**	**6** 10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 11:00-12:00 ArtConnect (TAO) 12:00-1:00 Lunch 1:00-2:00 Board Games
9 10:00-10:30 What's the Buzz 10:30-11:00 Board Game 11:00-12:00 Krafting 12:00-1:00 Lunch 1:30-3:00 Line Dancing *last Monday class	**10** **NO 10:00-2:00 In-Person PROGRAMS** 10:00-11:00 Tea-Time (Virtual) 2:30-3:30 TaylorMade Fitness 60+	**11** **CLOSED** 	**12** 10:00-10:30 Coffee Talk 10:30-11:30 Board Games 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+ ***Thankful Thursday Spirit Thursday**	**13** 10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 11:00-12:00 Board Games 12:00-1:00 Lunch 1:00-2:00 Senior Social
16 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 1:30-2:30 Savy Couponing	**17** 10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 11:00-12:00 Flash Back Trivia w/ Parks & Rec 12:00-1:00 Lunch 1:00-2:00 Game Day Charades 2:30-3:30 TaylorMade Fitness 60+	**18** 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 *1:30-3:00 Line Dancing (new day)	**19** 10:00-10:30 Coffee Talk 10:30-11:30 Board Games 12:00-1:00 Lunch 1:00-2:00 Trivia Thursday 2:30-3:30 TaylorMade Fitness 60+ ***Thankful Thursday Spirit Thursday**	**20** **NO MORNING PROGRAMS (Field Trip)**
23 10:00-10:30 What's the Buzz 10:30-11:00 Board Game 11:00-12:00 Krafting 12:00-1:00 Lunch	**24** 10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 11:00-12:00 Café BINGO 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+	**25** **NO MORNING PROGRAMS** **Offices Closed 12:30pm**	**26** **CLOSED** 	**27** **CLOSED** Senior Services of Southeastern Virginia
30 10:00-10:30 What's the Buzz 10:30-11:00 Board Game 11:00-12:00 Musical Monday 12:00-1:00 Lunch 1:30-2:30 Savy Couponing	**November 2026** Hayden Village Center Activity 60+			

Senior Services 680 Oak Street, Franklin VA 23851. Please review the back for program descriptions. *Please Note that Lunch is only provided for registered members of the "Better Together Cafe' and requires pre-registration. Thank you.

It's always great to see your smiling faces! Join us for <u>In-Person Programs</u>:

- **"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.
- **Fitness Friday-** We know you love music…Do you love fitness too? Come join the fun as we stretch, lift weights, and move our bodies from our chairs…End your week with a sweaty beat 😊!
- **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.
- **Line Dancing-** Put your dancing shoes on! Come out and learn the latest line dances with **Embrace the Move**.

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

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