

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 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.
- **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!**