

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 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+	5 10:00-10:30 What's the Buzz 10:30-11:00 Board Games 11:00 Wellness Wednesday 12:00-1:00 Lunch Walk & Stretch for 20mins	6 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+	7 10:00-10:30 What's the Buzz 10:30-11:30 Fitness Friday 12:00-1:00 Lunch 1:00-2:00 Board Games 11:30-3:00 Computer Lab
10 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	11 10:00-10:30 Coffee Talk 10:00-11:00 Tea-Time (Virtual) 11:00-12:00 Cafe Bingo 12:00-1:00 Lunch 1:00-2:00 Mindful Tuesday 2:30-3:30 TaylorMade Fitness 60+	12 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 1:00-2:00 BINGO	13 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+	14 10:00-10:30 What's the Buzz 10:30-11:30 Fitness Friday 12:00-1:00 Lunch 1:00-2:00 Board Games 11:30-3:00 Computer Lab
17 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	18 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+	19 10:00-10:30 Chat with Hayden Director 10:30-11:00 Board Games 11:00 Wellness Wednesday 12:00-1:00 Lunch Walk & Stretch for 20mins	20 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+	21 10:00-10:30 What's the Buzz 10:30-11:30 Fitness Friday 12:00-1:00 Lunch 1:00-2:00 Senior Social 11:30-3:00 Computer Lab
24 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	25 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+	26 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 1:00-2:00 BINGO	27 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+	28 10:00-10:30 What's the Buzz 10:30-11:00 Fitness Friday 11:00 ArtConnect 12:00-1:00 Lunch 11:00-12:00 Board Games 11:30-3:00 Computer Lab
31 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	 August 2026 Hayden Village Center Activity Calendar 60+			

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!**