

Monday

Tuesday

Wednesday

Thursday

Friday

May 2025

A * next to an activity means registration is required by calling 336-373-4816 ext 280

10a Recipe for Success (V) **1**
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

9:15a Chair Yoga (\$3)(V) **2**
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Monthly Birthday Celebration
1p Friday Favorite Movie – "Fried Green Tomatoes" *

9:15a AHOY (\$3) (V) **5**
1:30p Arthritis Foundation (\$4)
2:30pm Canasta
3p Make Friends with Death presentation

9a Better Balance (\$3)
9:45a Advanced Better Balance (\$3)
No Zumba Gold.
2p Games & Mahjong

9a Basic Computer Skills * **6**
10a Virtual Reality *
11a Open Art/Craft Room
1p Cardio Drumming (\$4)
2p Crochet Club

9a Fall Recovery * **8**
11a Tissue Paper Flowers (\$3) *
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

9:15a Chair Yoga (\$3)(V) **9**
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "Parrish" *

9:15a AHOY (\$3) (V) **12**
10a Cyprus Travelogue *
1:30p Arthritis Foundation (\$4)
2:30pm Canasta

9a Better Balance (\$3) **13**
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong
6p CAA *

9a Internet Basics * **14**
10a Virtual Reality *
11a Open Art/Craft Room
1p Cardio Drumming (\$4)
2p Crochet Club

9a Reynolda Gardens Tour * (\$40) **15**
10a Recipe for Success (V)
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

9:15a Chair Yoga (\$3)(V) **16**
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "A Few Good Men" *

9:15a AHOY (\$3) (V) **19**
1:30p Arthritis Foundation (\$4)
2:30pm Canasta
3p Foot Care

9a Better Balance (\$3) **20**
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong

10a Mindfulness with Stephanie Deaver **21**
11a Gardening with Recipe for Success (V)
11a Open Art/Craft Room
1p Cardio Drumming (\$4)
2p Crochet Club

12:30p Tai Chi (\$3) **22**
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

9:15a Chair Yoga (\$3)(V) **23**
10a Trivia with Tina
11a "Big Little Lies"
Book Club *
1p Friday Favorite Movie – "It Happened on 5th Avenue" *
3p Karaoke Competition with Griswold Home Care

The Evergreens Lifestyle Center is closed today.

MEMORIAL DAY

9a Better Balance (\$3) **26**
9:45a Advanced Better Balance (\$3)
1p Zumba Gold (\$4)
2p Games & Mahjong

10a Virtual Reality * **27**
11a Open Art/Craft Room
1p Cardio Drumming (\$4)
2p Crochet Club

10a Podcasts with Julie * **28**
12:30p Tai Chi (\$3)
1p Blood Pressure Checks
2p Jewelry Club
2p Dominoes

9:15a Chair Yoga (\$3)(V) **30**
10a Donuts with the Director
1p Friday Favorite Movie – "Michael" *