

May 2012

Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Nail Care Clinic (10:00 AM –4:00 PM) By Appt. Only	2	3 Triad (1:30 PM)	4	5 Beginner Pickle Ball Clinic (9:00 AM) Kentucky Derby Gala (5:30 PM)
6	7 Community Bingo (10:00 AM - 11:00AM) W/ Grand Court PickleBall Moving Outside	8 Hearing Aid Clinic with Miracle Ear Screening (11:00 AM -1:00 PM)	9	10 Senior Cinema (1:00 PM) "The Help" (Free popcorn) Circle of Friends (7:00 PM - 9:00 PM)	11 Dance (7pm-10:00pm) Joe Lowery of Time Warp	12 YAH Potluck & Games (5:00 PM)
13	14	15 Nail Care Clinic (10:00 AM –4:00 PM) By Appt. Only	16	17 Older American's Day Entertainment JD Owen Legal Aid Attorney Ap-ointments (9:00 AM—1:00PM) By Appt. Only Cooking w/ Karen (12:30 PM) "Go Fish"	18 Community Hymn Sing (7:00-8:00 PM)	19
20	21 Grocery Bingo (10:00 AM-11:00 AM) w/Heritage	22	23	24 Leave for Wine Tour. (10:30 AM) Senior Cinema (1:00 PM) "True Grit" (Free popcorn)	25	28 YAH Potluck & Games (5:00 PM)
27	28 Closed Memorial Day	29 Nail Care Clinic (10:00 AM –4:00 PM) By Appt. Only	30	31	Upcoming Events: June 2– Leave for Colorado June 12– Miracle Ear –Cleaning June 17– NASCAR Trip-\$105 -\$155. June 19– Leave for Canadian Rockies by Train June 28-29 Casino & Cruise June 29– Al Best Band	

Hancock County Agency on Aging

May 2012

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Fitness Center Open 5:00 am-Midnight</p> <p>Billiards 8:30am</p> <p>Reflexology 9:00am-3:00pm Appt. Only</p> <p>SilverSneakers® MSROM 9-10am 10-11am Fitzgerald Room</p> <p>Water Volleyball Birchaven 9:30am</p> <p>Senior Café Lunch 11:30am-1pm</p> <p>SilverSneakers® Cardio Circuit Class 1:30--2:30pm Fitzgerald Room</p> <p>Sequence & Cards 1:00pm</p> <p>Outdoor Pickleball 6:00-8:00 PM</p>	<p>Fitness Center Open 5:00 am-Midnight</p> <p>SilverSneakers® SilverSplash 8-9am @ Birchaven</p> <p>Billiards 8:30am</p> <p>Outdoor Pickleball 9:00-11:00 AM</p> <p>Reflexology 9am-3pm Appt. Only</p> <p>Wii Bowling 9-11am</p> <p>Water Exercise Class @ Hampton Inn 10-11 am</p> <p>EnhanceFitness 9:00-10:00am Fitzgerald Room</p> <p>SilverSneakers® Yoga Stretch 10:00-11:00am</p> <p>Americare Blood Pressure Clinic 11:00am-1:00pm</p> <p>Senior Café Lunch 11:30am-1:00pm</p>	<p>Fitness Center Open 5:00 am-Midnight</p> <p>Billiards 8:30am</p> <p>Reflexology 9am-3pm Appt. Only.</p> <p>SilverSneakers® MSROM Fitzgerald Room 9-10am & 10-11 am</p> <p>Coffee & Needlework 9:30am</p> <p>Water Volleyball Birchaven 9:30am</p> <p>Senior Café Lunch 11:30am-1pm</p> <p>SilverSneakers® Cardio Circuit 1:30-2:30pm Fitzgerald Room</p> <p>Cards 1:30pm</p> <p>Millstream Band Practice 1:30-2:30pm</p> <p>Outdoor Pickleball 6:00-8:00 PM</p>	<p>Fitness Center Open 5:00 am-Midnight</p> <p>SilverSneakers® Silversplash 12:30pm -1:30pm@ Birchaven</p> <p>Billiards 8:30am</p> <p>Outdoor Pickleball 9:00-11:00 AM</p> <p>Water Exercise Class @ Hampton Inn 10-11 am</p> <p>EnhanceFitness 9:00-10:00am Fitzgerald Room</p> <p>SilverSneakers® Yoga Stretch 10:00-11:00am Fitzgerald Room</p> <p>Senior Café Lunch 11:30am-1pm</p> <p>Cards 1:30pm</p>	<p>Fitness Center Open 5:00 am-Midnight</p> <p>SilverSneakers® Silversplash 8-9am @ Birchaven</p> <p>Billiards 8:30am</p> <p>Bible Study 9:00-10:30am Free and Open to the Public</p> <p>Water Volleyball Birchaven 9:30am</p> <p>Reflexology 11:00am-3pm Appt. Only</p> <p>SilverSneakers® MSROM 10-11am Fitzgerald Room</p> <p>Senior Café Lunch 11:30-1pm</p> <p>Sequence & Card 1pm</p> <p>SilverSneakers® Yoga Stretch 1:30 - 2:30 pm Fitzgerald Room</p>	<p>Young At Heart Pot Luck & Games 5pm 2nd & 4th Sat. May Only</p>
<p>Staff Office Hours 8am-4pm M Thu F 8am-8pm T & W</p>	<p>Bridge 1-3pm Euchre/Pinochle 1-3:30pm</p> <p>Tuesday Night Dance 7-9pm-\$2.00 at the door</p>	<p>Bingo [Public Welcome] Doors Open 5:30pm Games Start 6:30pm</p>	<p>Tuesday Nail Care Clinic Call 419-423-8496 for Appt.</p>	<p>Fitness Center 5AM—Midnight Check out Fitness on Request</p>	
<p>Senior Fitness @The Gym Mon.-Fri. 9:00-3:00</p>					