

Monday	Tuesday	Wednesday	Thursday	Friday
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# MAY

M-F 8-5 Randleman Senior Center (336) 498-4332

<p>9:00 Morning News, Coffee, &amp; Conversation</p> <p>9:30 Word Scramble &amp; Munch</p> <p>10:30 May Centerpieces</p> <p>12:00 Get Moving w/ Gail </p> <p>12:30 The Domino Den </p>	4	<p>9:00 Classic TV, Coffee, &amp; Conversation</p> <p>9:30 Word Search &amp; Munch</p> <p>10:00 Lets learn: Cinco De Mayo</p> <p>10:30 Riddle Me This</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Games &amp; Gather </p>	5	<p>9:00 Coffee, Midweek Mingle, &amp; Morning News</p> <p>9:30 Maze &amp; Munch</p> <p>9:45 Blood Pressure Checks w/ Maggie, NC-P, LCMHCA</p> <p>10:30 DIY Derby Hat </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30-1:30 Faith &amp; Fellowship w/ the Browns</p>	6	<p>9:00 Game Shows, Coffee, &amp; Conversation</p> <p>9:30 Spot the Difference &amp; Munch</p> <p>10:30 Randleman Derby Race Day </p> <p>12:00 Get Moving w/ Gail</p> <p>1:00 Bags to Mats for the Unhoused</p>	7	<p>9:00 Coffee, &amp; Conversation</p> <p>9:30 Activity Sheets &amp; Popcorn</p> <p>10:30 BINGO</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Free Fun Friday </p>	1
<p>9:00 Morning News, Coffee, &amp; Conversation</p> <p>9:30 Sudoku &amp; Munch </p> <p>10:30 Belles &amp; Beaus Line Dancing</p> <p>12:00 Get Moving w/ Gail </p> <p>1:00 Popcorn &amp; Movie (choice of movie will be voted on) </p>	11	<p>9:00 Classic TV, Coffee, &amp; Conversation</p> <p>9:30 Word Search &amp; Munch</p> <p>11:00 Lunch &amp; Learn w/ Hannah</p> <p>12:00 Get Moving w/ Gail </p> <p>12:30 Games &amp; Gather </p>	12	<p>9:00 Coffee &amp; Midweek Mingle</p> <p>9:30 Maze &amp; Munch</p> <p>9:45 Blood Pressure Checks w/ Maggie, NC-P, LCMHCA</p> <p>10:30 Mental Health w/ Michelle </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Diamond Art w/Dolores</p> <p>2:00 BINGO w/ American Retirement Counselors</p>	13	<p>9:00 Game Shows, Coffee, &amp; Conversation </p> <p>9:30 Spot the Difference &amp; Munch</p> <p>10:30 Craft your own Placemat</p> <p>12:00 Music Therapy w/ Mary </p> <p>1:00 Bags to Mats for the Unhoused</p>	14	<p>9:00 Coffee, &amp; Conversation</p> <p>9:30 Activity Sheets &amp; Popcorn</p> <p>10:30 BINGO w/ Gentiva </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 CLOSED EARLY for special trip to UCAM Tea Party</p>	15
<p>9:00 Morning News, Coffee, &amp; Conversation</p> <p>9:30 Word Scramble &amp; Munch </p> <p>10:00 Lets learn: Healthy Eating w/ Healthy Treats</p> <p>10:30 Karaoke </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 The Domino Den</p>	18	<p>9:00 Classic TV, Coffee, &amp; Conversation </p> <p>9:30 Word Search &amp; Munch</p> <p>10:30 Chair Volleyball</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Free Time</p> <p>3:30 Music BINGO w/ SWRHS HOSA Club </p>	19	<p>9:00 Coffee &amp; Midweek Mingle</p> <p>9:30 Maze &amp; Munch</p> <p>9:45 Blood Pressure Checks w/ Maggie, NC-P, LCMHCA</p> <p>10:30 Q&amp;A &amp; Presentation w/ Randleman City manager: Hank Raper </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30-1:30 Faith &amp; Fellowship w/ the Browns</p>	20	<p style="font-size: 2em; color: white; font-weight: bold;">Sorry WE'RE CLOSED</p> <p style="font-size: 0.8em; color: white;">FOR STAFF TRAINING</p>	21	<p>9:00 Coffee, &amp; Conversation</p> <p>9:30 Activity Sheets &amp; Popcorn</p> <p>10:00 Blood Pressure Checks w/ Alondra, CNA </p> <p>10:30 BINGO</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Free Fun Friday</p>	22
<p style="font-size: 1.5em; font-weight: bold;">IN HONOR OF Memorial Day</p> <p style="font-size: 0.8em;">WE WILL BE CLOSED</p>	25	<p>9:00 Classic TV, Coffee, &amp; Conversation</p> <p>9:30 Word Search &amp; Munch</p> <p>10:30 Visit w/ Edith Ann</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Games &amp; Gather</p> <p>1:00 Bird feeder Craft *sign-up required* </p>	26	<p style="font-size: 1.2em; font-weight: bold; color: orange;">BIRTHDAY BASH</p> <p>9:00 Coffee, Midweek Mingle, &amp; Morning News</p> <p>9:15-10:15 Grief Support Group with Maggie, NC-P, LCMHCA</p> <p>10:45 Sing &amp; Balloon Swat </p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Diamond Art w/Dolores</p>	27	<p>9:00 Game Shows, Coffee, &amp; Conversation</p> <p>9:30 Spot the Difference &amp; Munch</p> <p>10:30 Snacks &amp; Suggestions w/ the Director </p> <p>12:00 Get Moving w/ Gail</p> <p>1:00 Bags to Mats for the Unhoused</p>	28	<p>9:00 Coffee, &amp; Conversation</p> <p>9:30 Activity Sheets &amp; Popcorn</p> <p>10:30 BINGO</p> <p>12:00 Get Moving w/ Gail</p> <p>12:30 Free Fun Friday </p>	29

\*\* Calendar Subject to Change Drop-in Activities: Walking in the Gym, Computer, Library, Activity Sheets, Board Games, Puzzles, Get Crafty

# MONTHLY REMINDERS & CALENDAR CLARITY

- We aim to begin the day's main activity at 10:30 (unless noted otherwise), but this may change depending on when meals arrive and other unexpected morning occurrences.
- Lunch time (11:30) may vary depending on the days activities.
- "Get Moving w/ Gail" is every afternoon (around 12:00) after lunch unless otherwise posted.
- "Diamond Art with Dolores" is every other Wednesday afternoon (around 12:30). Please refer to the calendar for specific dates, however, you may ask to do diamond art on your own any time.
- Faith & fellowship/Bible Study with Cynthia and Stan Brown is every other Wednesday from 12:30-1:30. Please refer to the calendar for specific dates
- Grief Support Group with Maggie Bull, NC-P, LCMHCA is held from 9:15am-10:15am the last Wednesday of every month.
- Each Thursday at 1:00 we host the "Bags to Mats" program where we weave/crochet grocery bags into sleep mats for the local unhoused population.
- Afternoon activities listed on the calendar like "Domino Den", "Games & Gather", "The Midweek Mix", "Hangout Hour", & "Free Fun Friday" are simply fun ways to say, "You are free to utilize the center for any drop-in activities such as crafts, games, reading, using the computer, putting puzzles together, working on activity sheets, watching T.V., or just hanging out!"
- As a member of the senior center, you are allowed to walk in the gym at any time.
- "Get Crafty" on the calendar is to encourage you to bring any kind of art/craft that you like, or utilizing our supplies here (when available), and working on it while in community with others working on their own crafts.
- Multiple drop-in activities may occur at the same time. Do not worry if you do not want to participate in an afternoon activity listed, unless instructed otherwise, you can still play dominos, hang out, etc. as long as you are respectful to those around you doing other activities.
- The calendar is subject to change. Sometimes things happen and we appreciate your understanding and patience.
- There may be days Ruthie has to be out of office in the afternoons for various reasons such as meetings or getting supplies. This means the center will close early. This will be announced so you are able to plan your afternoon accordingly.