




# REMINDER:

# MAY 2024



S	M	T	W	TH	F	S
			<b>1</b> GROUP EXERCISE 9-10 AM CARD MAKING 10 AM - 12 PM DELTON ACTIVITY 11 AM - 12 PM CARDS & GAMES 1-2:30 PM DOMINOES 1-2:30 PM	<b>2</b> POPCORN THURSDAY LINE DANCING 9:30-11:30 AM BLOOD PRESSURE CHECK 11:30 AM THEME THURSDAY @ LUNCH PRICE IS RIGHT @ 1 PM	<b>3</b> BINGO 9:30-11 AM IRON RAILS 10:30 AM	<b>4</b>
<b>5</b>  CINCO DE MAYO	<b>6</b> GROUP EXERCISE 9-10 AM BETTER BALANCE 10:15-11:15 AM MUSIC MONDAY 11-11:30 AM CINCO DE MAYO CELEBRATION @ LUNCH PAINTING GROUP 12:30-3 PM CROCHET GROUP 1-2:30 PM BETTER BALANCE 3-4 PM	<b>7</b> LINE DANCING 9:30-11:30 AM CHAIR MASSAGE WITH GINGER CALL FOR APPOINTMENT GRAB BAG BINGO 1-2 PM HEALTHY AGING GROUP 1-2 PM	<b>8</b> GROUP EXERCISE 9-10 AM CARD MAKING 10 AM - 12 PM DELTON ACTIVITY 11 AM - 12 PM CARDS & GAMES 1-2:30 PM DOMINOES 1-2:30 PM	<b>9</b> POPCORN THURSDAY LINE DANCING 9:30-11:30 AM BLOOD PRESSURE CHECK 11:30 AM THEME THURSDAY @ LUNCH	<b>10</b> BINGO 9:30-11 AM IRON RAILS 10:30 AM MOTHER'S DAY TEA PARTY 3:30-4:30	<b>11</b>
<b>12</b>  MOTHER'S DAY	<b>13</b> GROUP EXERCISE 9-10 AM FOOT CLINIC 10 AM - 2 PM BETTER BALANCE 10:15-11:15 AM MUSIC MONDAY 11-11:30 AM PAINTING GROUP 12:30-3 PM CROCHET GROUP 1-2:30 PM BETTER BALANCE 3-4 PM	<b>14</b> VETERAN'S BREAKFAST 9-10 AM LINE DANCING 9:30-11:30 AM GRAB BAG BINGO 1-2 PM HEALTHY AGING GROUP 1-2 PM	<b>15</b> GROUP EXERCISE 9-10 AM CARD MAKING 10 AM - 12 PM BINGO IN DELTON 11 AM - 12 PM CARDS & GAMES 1-2:30 PM DOMINOES 1-2:30 PM	<b>16</b> POPCORN THURSDAY LINE DANCING 9:30-11:30 AM BLOOD PRESSURE CHECK 11:30 AM THEME THURSDAY @ LUNCH CAREGIVER SUPPORT GROUP 3:30-5 PM RESOURCE CONNECTION DINNER 6-7:30 PM	<b>17</b> BINGO 9:30-11 AM IRON RAILS 10:30 AM	<b>18</b>
<b>19</b>	<b>20</b> GROUP EXERCISE 9-10 AM BETTER BALANCE 10:15-11:15 AM MUSIC MONDAY 11-11:30 AM PAINTING GROUP 12:30-3 PM CROCHET GROUP 1-2:30 PM BETTER BALANCE 3-4 PM	<b>21</b> LINE DANCING 9:30-11:30 AM GRAB BAG BINGO 1-2 PM HEALTHY AGING GROUP 1-2 PM	<b>22</b> GROUP EXERCISE 9-10 AM CARD MAKING 10 AM - 12 PM DELTON ACTIVITY 11 AM - 12 PM CARDS & GAMES 1-2:30 PM DOMINOES 1-2:30 PM	<b>23</b> POPCORN THURSDAY LINE DANCING 9:30-11:30 AM BLOOD PRESSURE CHECK 11:30 AM THEME THURSDAY @ LUNCH	<b>24</b> BINGO 9:30-11 AM IRON RAILS 10:30 AM	<b>25</b>
<b>26</b>	<b>27</b> COA CLOSED 	<b>28</b> LINE DANCING 9:30-11:30 AM GRAB BAG BINGO 1-2 PM HEALTHY AGING GROUP 1-2 PM	<b>29</b> GROUP EXERCISE 9-10 AM CARD MAKING 10 AM - 12 PM BINGO IN DELTON 11 AM - 12 PM CARDS & GAMES 1-2:30 PM DOMINOES 1-2:30 PM	<b>30</b> POPCORN THURSDAY LINE DANCING 9:30-11:30 AM BLOOD PRESSURE CHECK 11:30 AM THEME THURSDAY @ LUNCH	<b>31</b> BINGO 9:30-11 AM IRON RAILS 10:30 AM	

Commission on Aging  
 320 W Woodlawn Hastings, MI  
 (269) 948-4856  
 Monday thru Friday  
 8am-4:30pm

Faith United Methodist  
 Church  
 503 S Grove Delton, MI  
 (269) 804-7524  
 Mon/Wed/Thurs  
 10:30am-1pm

Woodland Eagles Club  
 125 N Main Woodland, MI  
 (269) 804-7198  
 Mon/Wed/Fri  
 10:30am-1pm