


Activities

Polk County Senior Services-The Meeting Place

May, 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activities: Fitness Room, Game Room, Puzzling, Board/Card Games, Outdoor Sports (pickleball, cornhole, ping pong, horseshoes, croquet, bocce) Open Art Studio (8:30am-3pm, Daily)</p> <p>SHIIP volunteers are onsite to answer Medicare questions by appointment.</p> <p>Available: Smart Television, Communal Computer, WiFi Coffee, Tea, and Water is available at 9:30am thru lunch on most days.</p> <p>Activities with ** require sign-up.</p>			<p>1 9:30-Advanced Yoga 10:30-Bingo w/Hopscotch 10:30-Beginners Yoga** 11:15-Share thy Bread 1:00-Qi Gong</p>	<p>2 9:30-Intermediate Cycling 10:30-Magazine Beads Craft 10:30- REFIT® 12:45-Diamond Painting***-Magnets 1:00-Games</p>	<p>3 9:30-Get Movin'! 1:00-Opening Ceremonies Center will close at 1pm today</p>	4
<p>5 Off-site Senior Games Events: (Provide own transportation) May 5, 10:00- Swimming Events at Hendersonville YMCA</p>	<p>6 9:00-Meditation Monday w/Julie 9:30-Vaya Health Class: Opportunities to Help During a Crisis 10:30-Coffee w/Staff 1:00-Senior Games Event-Table Tennis</p>	<p>7 9:30-Beginners Cycling 10:00-Women's Finance Talk w/Edward Jones Finance 11:00-Cardio Drumming 1:00-Tai Chi 1:00-Games No REFIT® Lite today</p>	<p>8 9:30-Advanced Yoga 10:00-Women's Health Chat w/Polk HHSA 10:30-Beginners Yoga** 1:00- Qi Gong 1:00-Senior Games: Billiards 2:30-Dementia/Alzheimer's Caregivers Support Group</p>	<p>9 9:30-Intermediate Cycling 1:00-Women's Lunch at Strawberry Hill USA 10:30- Senior Life Solution Activity and Mental Health Discussion 1:00-Games No REFIT® today</p>	<p>10 9:00-Mini Golf at Fireside Golf 1:00-Qi Gong No Get Movin' Today</p>	<p>11 Off-site Senior Games events happening today (Provide own transportation: 9:00-Track & Field Events: Polk County High Football Field Pickleball events were moved to May 18.</p>
<p>12 Off-site Senior Games Events: (Provide own transportation) May 15, 9:30-Bocce Events at Tryon Estates May 15, 2:00-Shuffleboard Events at Tryon Estates May 17, 5:30-Cornhole at Stearns</p>	<p>13 9:30-Get Movin'! 10:30-Seated Strength 1:00-Cornhole Practice</p>	<p>14 9:30-Beginners Cycling 10:00-Devotions 10:30-Stress Less in the Kitchen w/Gail 1:00-Tai Chi 1:00-Games No REFIT® Lite today</p>	<p>15 9:30-Advanced Yoga 10:00-Free Hearing Screening by Hearing Life 10:30-Beginners Yoga** 10:30- Steps to Hope- Safety within Relationships 11:15-Share thy Bread 1:00-Qi Gong May Birthday Celebration</p>	<p>16 9:30-Intermediate Cycling 10:30- REFIT® 12:45-Diamond Painting Craft-Beachy Wind Chimes** 1:00-Games</p>	<p>17 9:00-Bowling at Autumn Lanes** 10:30-Local History w/James 10:30-Pour Painting ** 1:00-Qi Gong 5:30-Cornhole at Stearns No Get Movin' Today</p>	<p>18</p> <p>May 30- Colorful Music</p>
<p>19 May 18, 12:00-Pickleball at Stearns</p>	<p>20 9:30-Get Movin'! 10:30-Seated Strength 2:00-Senior Games Event-Horseshoes</p>	<p>21 9:30-BeginnersCycling 10:00-Devotions 10:30- REFIT® lite 1:00-Games</p>	<p>22 9:00- Senior Games-Croquet 9:30-Advanced Yoga 10:00-Bingo w/Hospice 10:30- Beginners Yoga** 1:00-Qi Gong</p>	<p>23 9:30-Intermediate Cycling 10:30-Essential Oils: Make & Take Perfume 10:30- REFIT® 1:00-Games</p>	<p>24 9:00-11:30-SilverArts Showcase w/light refreshments No Regular Activities Today Memorial Day Celebration Lunch</p>	<p>25</p> 
<p>26</p>	<p>27</p>  <p>Center Closed</p>	<p>28 10:00-Devotions 10:30- REFIT® Lite 1:00-Tai Chi 1:00-Games No Cycling Class Today</p>	<p>29 9:00-Walking Wednesday: Recreation Complex 9:30-Advanced Yoga 10:30-Trivia 10:30-Beginners Yoga** 11:15-Share thy Bread 1:00-Qi Gong</p>	<p>30 9:30-Intermediate Cycling 10:30- REFIT® 10:30-Paint it Up-Colorful Music 12:45-Diamond Painting-Finish Windchimes** 1:00-Games</p>	<p>31 9:30-Get Movin'! 10:30- Create Like Picasso:Abstract Portrait 1:00-Qi Gong 5:00-Senior Games Closing Ceremonies</p>	<p>Room Color Code: Activities Room Group Fitness Room Dining Room Arts & Crafts Room Off-Site or Outdoors Billiards/Game Room</p>