

MAY 2022

Calendar of *events*

MONDAY 02

10am **SilverSneakers**
Strength & Balance

11am Safety Awareness
& Basic Self-Defense
Presentation

2pm Tai Chi
Video Instructed



TUESDAY 03

2pm **SilverSneakers**
Strength & Balance

3pm Ice Cream Social



WEDNESDAY 04

10am **SilverSneakers**
Strength & Balance

1pm Euchre



THURSDAY 05

10am **SilverSneakers**
Strength & Balance

FRIDAY 06

2pm Chair Yoga
Video Instructed



MONDAY 09

10am **SilverSneakers**
Strength & Balance

11am Container Gardening
& Greenhouse Presentation

2pm Tai Chi
Video Instructed



TUESDAY 10

2pm **SilverSneakers**
Strength & Balance

3pm Ice Cream Social



WEDNESDAY 11

10am **SilverSneakers**
Strength & Balance

1pm Euchre



THURSDAY 12

10am **SilverSneakers**
Strength & Balance

FRIDAY 13

9:30am Kiwanis Doll
Stuffing

2pm Chair Yoga
Video Instructed



MONDAY 16

10am **SilverSneakers**
Strength & Balance

11am Medication Safety
& Compliance Education
Presentation

2pm Tai Chi
Video Instructed



TUESDAY 17

2pm **SilverSneakers**
Strength & Balance

3pm Ice Cream Social



WEDNESDAY 18

10am **SilverSneakers**
Strength & Balance

1pm Euchre



THURSDAY 19

10am **SilverSneakers**
Strength & Balance

11:30am Hello Friend
Brunch & Learn
RSVP REQUIRED

FRIDAY 20

2pm Chair Yoga
Video Instructed



MONDAY 23

10am **SilverSneakers**
Strength & Balance

11am Endurance Training
Presentation

2pm Tai Chi
Video Instructed



TUESDAY 24

2pm **SilverSneakers**
Strength & Balance

3pm Ice Cream Social



WEDNESDAY 25

10am **SilverSneakers**
Strength & Balance

1pm Euchre



THURSDAY 26

10am **SilverSneakers**
Strength & Balance

11am Knee Presentation

FRIDAY 27

2pm Chair Yoga
Video Instructed



MONDAY 30

10am **SilverSneakers**
Strength & Balance

2pm Tai Chi
Video Instructed



TUESDAY 31

2pm **SilverSneakers**
Strength & Balance

3pm Ice Cream Social



MONTHLY MEMBERSHIP \$39



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Community connection

MAY 2022

EVENTS & PRESENTATIONS

Safety Awareness & Basic Self-Defense Presentation



Presenter: Marcus Slifer
WLPD



MON MAY 2nd at 11AM

RSVP REQUIRED BY 04/29 - 765.464.8080

Hello Friend Brunch & Learn



Presenter: Dr. James Mattern

Topic: Introduction and demonstration of Chiropractic techniques

THURS MAY 19th at 11:30AM

RSVP REQUIRED BY 05/17 - 765.464.8080

Container Gardening & Greenhouse Presentation



Presenter: Perry Schnarr
Master Gardener



MON MAY 9th at 11AM

RSVP REQUIRED BY 05/06 - 765.464.8080

Endurance Training for Older Adults Presentation



Presenter: Gary Gumasing
Saint Anthony Rehab & Nursing Center



MON MAY 23rd at 11AM

RSVP REQUIRED BY 05/20 - 765.464.8080

Medication Safety & Compliance Education Presentation



Presenter: Steve Salkie
Lafayette Regional Rehab Hospital



MON MAY 16th at 11AM

RSVP REQUIRED BY 05/13 - 765.464.8080

"THE KNEE" Presentation



Presenter: Marianne Fleming, MS, PT
Lafayette Rehabilitation Services

THURS MAY 26th at 11AM

RSVP REQUIRED BY 05/25 - 765.464.8080



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