

MAY 2019

PARSONS SENIOR CENTER – 1800 BELMONT – 421-7002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00 Walk Exe 1 11:00 Lunch 1:30 Game Day 4:00 Chair Yoga	10:00 Strength Exe 2 11:00 Lunch 1:00 Pitch 3:30 Knitters	8:00 Walk Exe 3 9:00 Coffee Talk 9:00 Blood Pres/Sugar 10:45 TOPS 1:00 Bridge 1:00 Pitch	4
5	8:00 Walk Exe 6 11:00 Lunch 12:30 Dup Bridge 1:00 Hand & Foot	10:00 Strength Exe 7 11:00 Lunch 1:00 Games & Cards 7:00 Dance	8:00 Walk Exe 8 11:00 Lunch 1:30 Game Day 4:00 Chair Yoga	10:00 Strength Exe 9 11:00 Lunch 1:00 Pitch 3:30 Knitters	8:00 Walk Exe 10 10:45 TOPS 1:00 Bridge 1:00 Pitch	11
12 MOTHERS DAY	8:00 Walk Exe 13 11:00 Lunch 12:30 Dup Bridge 1:00 Hand & Foot	10:00 Strength Exe 14 11:00 Lunch 1:30 Marvin Blackburn 5:30 Katy Days Board	8:00 Walk Exe 15 11:00 Lunch 1:00 Tea/Marj & Janice 4:00 Chair Yoga 6:00/7:00 Quilt Guild	10:00 Strength Exe 16 11:00 Lunch 1:00 Pitch 3:30 Knitters 5:30 Coin Collectors	8:00 Walk Exe 17 10:45 TOPS 1:00 Bridge 1:00 Pitch 6:00 Quilt Guild	9:00 18 Quilt Guild
19	8:00 Walk Exe 20 11:00 Lunch 12:30 Dup Bridge 1:00 Hand & Foot 4:30 Adv Board Meeting	10:00 Strength Exe 21 11:00 Lunch 1:00 Games & Cards 7:00 Dance	8:00 Walk Exe 22 11:00 :Lunch 1:30 BINGO 4:00 Chair Yoga	10:00 Strength Exe 23 11:00 Lunch 1:00 Pitch 3:30 Knitters	8:00 Walk Exe 24 9:00 Toe Nails 1045 TOPS 1:00 Bridge 1:00 Pitch 4:00 KENO	25 Blue Bonnet Banquet 5:30
26	CLOSED 27 MEMORIAL DAY	10:00 Strength Exe 28 11:00 Lunch 1:00 Games & Cards	8:00 Walk Exe 29 11:00 Lunch 4:00 Chair Yoga	10:00 Strength Exe 30 11:00 Lunch 1:00 Pitch 3:30 Knitters	8:00 Walk Exe 31 10L45 TOPS 1:00 Bridge	

SENIOR CENTER ACTIVITIES—1800 Belmont – 421-7002

HOST/HOYESS ON DUTY MON. THRU FRI. – 9:00 A.M.-4:00 P.M.

Congregate Meals for those 60 and older for a donation of \$3.50 Monday through Thursday. Please sign up a day ahead by calling the Senior Center (421-7002) Menus may be picked up at the Senior Center. Come for a well-balanced meal and sociability.

MONDAY – Walk Exercise, Duplicate Bridge, and Hand and Foot Canasta. Advisory Board Meeting on the 3rd Monday in May.

TUESDAY – Enjoy Strength Exercise every Tuesday morning, Games & Cards in the afternoon, enjoy music by Marvin Blackburn at 1:30 every 2nd Tuesday and Dance to the music of “Cotton” the 1st and 3rd Tuesday at 7:00 p.m. Katy Days Board meets at 5:30 on May 13.

WEDNESDAY – Walk Exercise every morning – Game Day 1st, 2nd, Tea with Marj and Janice on the 3rd, BINGO on the 4th, Chair Yoga every Wednesday at 4:00, Quilt Guild on the 3rd.

THURSDAY – Strength exercise every morning, 1:00 Pitch and Knitters at 3:30 in the afternoon, Coin Collectors at 5:30 on the 3rd Thursday.

FRIDAY – Walk Exercise every morning, 1st Friday, Blood Pressure and Blood Sugar testing, Coffee Talk, TOPS every Friday, Contract Bridge every Friday afternoon, Pitch at 1:00 every Friday, Toe Nails cut on the 4th Friday, KENO on the 4th Friday.

HOSTESSES: Monday A.M. – Rosalee Myers – P.M. Donna Johnson – Tuesday A.M. Roberta Koehn – P.M. Barbara Boice – Wednesday – A.M. Barbara Boice – P.M. Marj Alspaugh – Thursday – A.M. Martha Gatewood – P.M. Dana Sailsbury – Friday – A.M. Barbara Boice – P.M. Marjorie Troy

ADVISORY BOARD – Tony Munoz, President, Marjorie Troy, Marj Alspaugh, Martha Gatewood, Janet Kirk, Dana Sailsbury, Jackie Payne, Dr. Steve Miller, Bill Wheat, Anne Allen and John Cole.