

# May 2023 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
1 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  <b>COLORING Like A Kid Again</b> 9:00-11:30am	2 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)  <b>Wii Bowling</b> 9-11am 	3 <b>Zumba Silver</b> Class Cancelled for week  <b>CRAFT CLUB</b> 9-11am	4 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)  <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵	5 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  <b>NO BINGO</b>  <b>Cinco De Mayo Fiesta!</b> 11:00am 🎉🎊🎊🎊🎉
8 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  🎵 <b>Music with Rachelle</b> 🎵 10:00-11:00am	9 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)  <b>Wii Bowling</b> 9-11am 	10 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)  <b>CRAFT CLUB</b> 9-11am	11 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)  <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵	12 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  <b>BINGO!</b> 10-11am
15 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  <b>COLORING Like A Kid Again</b> 9:00-11:30am	16 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)  <b>Wii Bowling</b> 9-11am  <b>Refocus on Self Care</b> and the importance of Mental Health 11:35am <b>DOMINOES</b> (after lunch) 🎲🎲	17 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)  <b>CRAFT CLUB</b> 9-11am  <b>Rehab Services for the                      Blind</b> 10:30am-12pm	18 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)  <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵	19 <b>Silver Strong</b> 7:15-7:45  <b>BINGO!</b> 10-11am  <b>Music with Madalyn</b> 🎵 <i>At an earlier time!</i> 11am
22 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  🎵 <b>Music with Rachelle</b> 🎵 10:00-11:00am	23 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)  <b>Wii Bowling</b> 9-11am   <b>How to protect yourself                      from identity theft</b> 11:35am	24 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)  <b>CRAFT CLUB</b> 9-11am	25 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)  <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵	26 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)  <b>BINGO!</b> 10-11am  <b>Birthday                      Celebration!</b>
29 <b>CLOSED</b>  	30 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room) <b>White Elephant Bingo</b> 10-11am  <b>Advanced Directives</b> What they are and how to complete them 11:35am	31 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)  <b>CRAFT CLUB</b> 9-11am	<b>CRAFT CLUB</b> Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects. <b>Learn to crochet, too!</b>	

**BINGO!**  
 Treats, Pantry Items and a  
 BLACKOUT Bucket  
**COUNTRY MUSIC MAKERS**  
 Live Bluegrass band! 🎵  
*Music with Rachelle*  
 🎵 Come enjoy exploring music  
 with your friends. 🎵