

MAY 2025 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
Tech Tutor 5/12 9:30-11:30am Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.	12:30 Matinée 5/20 – 20,000 Leagues Under the Sea (1954) <i>Starring Kirk Douglas</i> 5/29 – The Sting (1973) <i>Starring Paul Newman & Robert Redford</i>	The Arthritis Foundation's Walk with Ease program is proven to help alleviate the symptoms of Arthritis and Osteoporosis.	1 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Walk With Ease 12:30pm	2 BINGO! 10-11am Chair Stretch with Carli 12:30p
5 COLORING Like A Kid Again 9:00-11:00am Walk With Ease 12:30pm	6 Wii Bowling 9-11am 🎮 Garden Gurus 1pm	7 CRAFT CLUB 9-11am Walk With Ease 12:30pm	8 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Walk With Ease 12:30pm	9 BINGO! 10-11am Thrive Community Survey with ESH 11:35am Chair Stretch with Carli 12:30p
12 🎵 Music with Rachelle 🎵 10:00-11:00am Tech Tutor 9:30-11:30am Walk With Ease 12:30pm	13 Wii Bowling 9-11am 🎮 Garden Gurus 1pm	14 CRAFT CLUB 9-11am Walk With Ease 12:30pm	15 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Walk With Ease 12:30pm	16 BINGO! 10-11am Mental Health Matters with ESH Psychiatric Services & Senior Life Solutions 11:35am Chair Stretch with Carli 12:30p
19 COLORING Like A Kid Again Walk With Ease 12:30pm	20 Wii Bowling 9-11am 🎮 12:30 Matinée 20,000 LEAGUES UNDER THE SEA	21 CRAFT CLUB 9-11am Walk With Ease 12:30pm	22 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Walk With Ease 12:30pm (Last Session)	23 BINGO! 10-11am Chair Stretch with Carli 12:30p
26 CLOSED MEMORIAL DAY <small>HONORING ALL WHO SERVED</small> 	27 Wii Bowling 9-11am 🎮 Garden Gurus 1pm	28 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.	29 COUNTRY MUSIC MAKERS 9:00-10:30am 12:30 Matinée THE STING	30 BINGO! 10-11am Birthday Celebration! Chair Stretch with Carli 12:30p

SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

Silver Shadowboxing 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Zumba Silver 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Yoga 7:15-7:45 Drum Fit 9:00
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