

May Calendar of Events

**NHC SRC Castle Hayne Baptist Church Location
4544 Parmele Road, Castle Hayne**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Dancing to the Oldies</p> <p>10:00 BINGO</p>	<p>3</p> <p>9:30 Puzzles</p> <p>10:00 Senior Strength 1.0</p> <p>10:00 Tai Chi</p>	<p>4</p> <p>9:30 Puzzles</p> <p>10:00 Geri-Fit</p> <p>11:00 Nutrition Talk: Healthy Snacking</p> <p>11:30 Wellness Walk With Dylan</p>	<p>5</p> <p>9:15 BINGO</p> <p>10:00 Stretch & Tone</p> <p>11:00 Ukulele with Sara & Friends</p>	<p>6</p> <p>9:30 Puzzles/Games</p> <p>10:00 Yoga</p>
<p>9</p> <p>9:30 Dancing to the Oldies</p> <p>10:00 BINGO</p>	<p>10</p> <p>9:30 Puzzles</p> <p>10:00 Senior Strength 1.0</p> <p>10:00 Tai Chi</p>	<p>11</p> <p>9:30 Puzzles</p> <p>10:00 Geri-Fit</p> <p>11:00 Cooking Demo: Homemade Hummus</p> <p>11:30 Wellness Walk With Dylan</p>	<p>12</p> <p>9:15 BINGO</p> <p>10:00 Stretch & Tone</p>	<p>13</p> <p>9:30 Puzzles/Games</p> <p>10:00 Yoga</p>
<p>16</p> <p>9:30 Dancing to the Oldies</p> <p>10:00 BINGO</p>	<p>17</p> <p>9:30 Puzzles</p> <p>10:00 Senior Strength 1.0</p> <p>10:00 Tai Chi</p>	<p>18</p> <p>9:30 Puzzles</p> <p>10:00 Geri-Fit</p> <p>10:30 Library Book Rotation</p> <p>11:30 Wellness Walk With Dylan</p>	<p>19</p> <p>9:15 BINGO</p> <p>10:00 Stretch & Tone</p> <p>11:00 Ukulele with Sara & Friends</p>	<p>20</p> <p>9:30 Puzzles/Games</p> <p>10:00 Yoga</p>
<p>23</p> <p>9:30 Dancing to the Oldies</p> <p>10:00 BINGO</p>	<p>24</p> <p>9:30 Puzzles</p> <p>10:00 Senior Strength 1.0</p> <p>10:00 Tai Chi</p>	<p>25</p> <p>9:30 Puzzles</p> <p>10:00 Geri-Fit</p> <p>11:30 Wellness Walk With Dylan</p>	<p>26</p> <p>9:15 BINGO</p> <p>10:00 Stretch & Tone</p>	<p>27</p> <p>9:30 Puzzles/Games</p> <p>10:00 Yoga</p>
<p>30</p> <p>SRC CLOSED</p> <p>Happy Memorial Day!</p>	<p>31</p> <p>9:30 Puzzles</p> <p>10:00 Senior Strength 1.0</p> <p>10:00 Tai Chi</p>			

**Nutritionist, Dylan Donnelly on site: Wednesdays (11:00-12:00)
Congregate Lunch is served daily at 11:15**