

May Calendar of Events

NHC SRC *Katie B. Hines Senior Center Location* 308 Cape Fear Blvd., Carolina Beach

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 2 | 3 | 4 | 5 | 6 |
| 9:00 Exercise 10:00 Arts/Crafts 1:00 Mahjongg | 10:00 Tai Chi 11:00 Ukulele with Sara & Friends 1:00 Bridge/Phase 10 | 9:00 Exercise 10:00 Live Stream: Senior Strength / Gayla 1:00 Line Dancing | 9:00- Exercise 10:30- Yoga 12:30- Painting 1:00- Bingo | 10:30 Open Board Games 11:30 Wellness Walk w/ Dylan |
| 9 | 10 | 11 | 12 | 13 |
| 9:00 Exercise 10:00 Arts/Crafts 1:00 Mahjongg | 10:00 Tai Chi 1:00 Bridge/Phase 10 | 9:00 Exercise 10:00 Live Stream: Senior Strength / Gayla 1:00 Line Dancing | 9:00- Exercise 10:30- Yoga 12:30- Painting 1:00- Bingo | 10:30 Open Board Games 11:30 Cooking Demo: Homemade Hummus |
| 16 | 17 | 18 | 19 | 20 |
| 9:00 Exercise 10:00 Arts/Crafts 1:00 Mahjongg | 10:00 Tai Chi 11:00 Ukulele with Sara & Friends 1:00 Bridge/Phase 10 | 9:00 Exercise 10:00 Live Stream: Senior Strength / Gayla 1:00 Line Dancing | 9:00- Exercise 10:30- Yoga 12:30- Painting 1:00- Bingo | 10:30 Open Board Games 11:30 Wellness Walk w/ Dylan |
| 23 | 24 | 25 | 26 | 27 |
| 9:00 Exercise 10:00 Arts/Crafts 1:00 Mahjongg | 10:00 Tai Chi 11:30 Nutrition Talk: Healthy Snacking 1:00 Bridge/Phase 100 | 9:00 Exercise 10:00 Live Stream: Senior Strength / Gayla 1:00 Line Dancing | 9:00 Exercise 10:30 Yoga 12:30 Painting 1:00 Bingo | 10:30 Open Board Games |
| 30 | 31 | | | |
| SRC CLOSED Happy Memorial Day! | 10:00 Tai Chi 1:00 Bridge/Phase 10 | | | |

Nutritionist, Dylan Donnelly on site: Fridays (11:30-12:30)
Congregate Lunch is served daily at 12:00