

# May

## Calendar of Events

### New Hanover County Senior Resource Center- Ohana Cafe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:00 Fitness for All with Jackie- MPR  10:30 Spiritual Seniors	<b>3</b> 10:15 BINGO	<b>4</b> 10:00 Senior Strength With Gayla	<b>5</b> 10:15 BINGO	<b>6</b> 10:00 Wellness Walk With Dylan  12:30 Flute Performance By Amaya
<b>9</b> 10:00 Fitness for All with Jackie- MPR  10:00 Nutrition Talk: Healthy Snacking  10:30 Spiritual Seniors	<b>10</b> 10:15 BINGO  10:00 Blood Pressure Checks w/ Home Instead  11:00 Celebration of May Birthdays 	<b>11</b> 10:00 Senior Strength With Gayla  10:00 Enjoy some fruit salad in the O'hana Café!	<b>12</b> 10:15 BINGO  11:00 Ukulele with Sara & Friends	<b>13</b> 10:00 Wellness Walk With Dylan  12:30 Flute Performance By Amaya
<b>16</b> 10:00 Fitness for All with Jackie- MPR  10:30 Spiritual Seniors	<b>17</b> 10:15 BINGO	<b>18</b> 10:00 Senior Strength With Gayla  10:00 Make your own Pinecone Birdfeeder!	<b>19</b> 10:00 Donuts w/ a Deputy  10:30 BINGO	<b>20</b> 10:00 Wellness Walk With Dylan  11:00- 1:00 <b>SRC COOKOUT!</b>
<b>23</b> 10:00 Fitness for All with Jackie- MPR  10:30 Spiritual Seniors	<b>24</b> 10:15 BINGO	<b>25</b> 10:00 Senior Strength With Gayla	<b>26</b> 10:15 BINGO  11:00 Ukulele with Sara & Friends	<b>27</b> 10:00 Wellness Walk With Dylan  12:00 Cooking Demo: Homemade Hummus
<b>30</b> <b>SRC CLOSED</b>  <b>Happy Memorial Day!</b>	<b>31</b> 10:15 BINGO			

**Nutritionist, Dylan Donnelly on site: Mondays, Tuesdays & Thursdays**