

# Lakeland Activity Center for Seniors – May 2017

1510 Commercial Park Drive, Lakeland, FL

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>MAY DAY!</b> 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>2</b> 9:30 Wii Bowling 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	<b>3</b> 9:30 Grief Support – Judy Kahler 9:30 Produce Distribution 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 BINGO	<b>4</b> 9:30 – Everyone with Diabetes Counts with Ronald Lund 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 – 3:30 Healthy Living Class	<b>5</b> 10 am <b>Cinco de Mayo Celebration</b> sponsored by Dedicated Healthcare 10:00 Cardio DVD 11:00 Chair Exercise 11:30 Lunch	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Nutrition/Cooking Demonstration – Gail Bagley 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>9</b> 10 am DVD Tai Chi 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	<b>10</b> 9:30 Produce Distribution 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 BINGO	<b>11</b> 10 am DVD Tai Chi 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 – 3:30 Healthy Living Class	<b>12</b> 10:00 Cardio DVD 11:00 Chair Exercise 11:30 Lunch	<b>13</b>
<b>14</b> <i>Happy Mother's Day!</i>	<b>15</b> 10 am <b>Mother's Day Celebration</b> 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>16</b> 10 am DVD Tai Chi 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	<b>17</b> 9:30 Produce Distribution 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>18</b> 9:30 Crafting Group 10 am DVD Tai Chi 11:30 Lunch 1 pm Art Club 1 pm Scrabble	<b>19</b> 10:00 Cardio DVD 11:00 Chair Exercise 11:30 Lunch	<b>20</b>
<b>21</b>	<b>22</b> 10 am <i>Birthday Party</i> 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>23</b> 10:00 5 Tips for 2017 to Secure Your Assets, Healthcare and Legacy by Jason Penrod, Elder Law Atty. 10 am DVD Tai Chi 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	<b>24</b> 9:30 Produce Distribution 9:30 Nutrition/Cooking Demo – Karen Webb 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo	<b>25</b> 9:30 Wii Sports 10 am DVD Tai Chi 11:30 Lunch 1 pm Art Club 1 pm Scrabble	<b>26</b> 10:00 Cardio DVD 11:00 Chair Exercise 11:30 Lunch	<b>27</b>
<b>28</b>	<b>29</b> <b>CLOSED</b> <i>Memorial Day</i>	<b>30</b> 9:30 Wii Bowling 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	<b>31</b> 9:30 Produce Distribution 11:00 Chair Exercise 11:30 Lunch 12:30 Cardio DVD 1:00 Bingo			<b>**The activities written in green are Healthy Initiatives activities.</b>

PLEASE NOTE THE CALENDAR IS SUBJECT TO CHANGE\*\*

We distribute fresh produce to help you maintain a balanced, nutrition-rich diet.

- **Computer classes with Frances Osmond will continue Tuesdays, at 10 am. You may also solicit individual assistance with Frances by leaving your name at the front desk.**
- **Produce distribution will be on Wednesdays, beginning around 9:30 am. We will not allow 2<sup>nd</sup> time through until 11:30 am to allow for those participants that arrive later to receive produce. You must be present, and an actively participating member of LACS to participate.**
- **The class “Everyone with Diabetes Counts” with Ronald Lund will hold its last class on Thursday, May 4<sup>th</sup>.**
- **Healthy Living classes will continue Thursday afternoons from 1:00 – 3:30 pm through Thursday, May 11<sup>th</sup>.**
- **Judy Kahler from VITAS will be here on Wednesday, May 3, for grief counseling. See the front desk if you would like to schedule her time for a private session.**
- **We will have a **Cinco de Mayo Celebration** on Friday, May 5<sup>th</sup> at 10 am.**
- **\*\*\*\* will be hosting a Mother’s Day celebration “muffins for mom’s” on Monday May 15<sup>th</sup>. *Happy Mother’s Day!* to all our moms!**
- **Gail Bagley will be doing a nutrition class on Monday, May 8<sup>th</sup>.**
- **Beginning Tuesday, May 9<sup>th</sup>, we will be adding a time for DVD instructed Tai Chi on Tuesday and Thursday mornings at 10 am.**
- **We will be celebrating birthdays for May on the 22<sup>nd</sup> with a little party, sponsored by VITAS. Please let me know if your name is not on the list when it goes up each month. THANKS!**
- **Elder Law Attorney, Jason Penrod will be presenting “5 Tips for 2017 to Secure Your Assets, Healthcare and Legacy” on May 23<sup>rd</sup> at 10:00 am.**
- **Karen Webb will be doing a nutrition class/cooking demonstration on 5/24 (hopefully using the produce distributed on that day).**
- **We will be **CLOSED** on Monday, May 29<sup>th</sup>, in honor of Memorial Day.**

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