



# Lakeland Activity Center for Seniors – May 2019

1510 Commercial Park Drive, Lakeland, FL  
863-687-2988 bcage@cflcc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>**The activities written in green are Healthy Initiatives activities.</b></p>			<p><b>1</b> 10 am May Baskets with Pam from Devoted Healthcare 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi DVD 1:00 BINGO</p>	<p><b>2</b> 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 pm Bridge</p>	<p><b>3</b> 10:00 Cardio DVD 10am-2pm Hand &amp; Foot Card-game 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> 10 am Dr. Alicia Claircius speaking on Maintaining Healthy Life Balance 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>7</b> 10 am Technology Assistance 10 am Arts &amp; Crafts with Merrill 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>8</b> 10:00 Grief Support – Judy from VITAS 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:15 pm pick-up for movie at Valencia Hills 12:30 pm Tai Chi DVD 1:00 BINGO</p>	<p><b>9</b> 10 am – Healthy Summer Snacking/Hydration with Sarah from Reliance Medical Center 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 pm Bridge</p>	<p><b>10</b> 10:00 Cardio DVD 10am-2pm Hand &amp; Foot Card-game 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>11</b> <i>** (Please sign up at front desk for Valencia Hills movie trip</i></p>
<p><b>12</b></p>	<p><b>13</b> 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD</p>	<p><b>14</b> 10 am Technology Assistance 10 am Wheel of Fortune with Eva Gulley from Trinity Medical 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>15</b> 9:30 Mini Pantry sponsored by Dedicated Healthcare 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:00 Diabetes Support Group with Izaora Bullock 12:30 pm Tai Chi DVD 1:00 BINGO</p>	<p><b>16</b> 10 am Staying Hydrated with Autumn with Health Markets 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 pm Bridge</p>	<p><b>17</b> 10:00 Cardio DVD 10am-1230 pm Hand &amp; Foot Card-game 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b> 10 am Birthday Party sponsored by Valencia Hills 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD) 1</p>	<p><b>21</b> 10 am Summer Safety with Karen Dean from Golden Outlook 10 am Technology Assistance 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>22</b> 10 am – Bingo with Jeannie from Southern Gardens 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD) 1:00 BINGO</p>	<p><b>23</b> 10 am Bingo with Tulin from United Healthcare 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 pm Bridge</p>	<p><b>24</b> 10:00 Cardio DVD 10am-2pm Hand &amp; Foot Card-game 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b> <b>CLOSED</b> in observance of <b>Memorial Day</b></p>	<p><b>28</b> 10 am Technology Assistance 10 am Arts &amp; Crafts with Merrill 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge</p>	<p><b>29</b> 10 am Name That Tune with Jennifer from Humana 10 am Cardio DVD 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD) 1:00 BINGO</p>	<p><b>30</b> 11:30 Lunch 1 pm Art Club 1 pm Scrabble 1 pm Bridge</p>	<p><b>31</b> 10:00 Cardio DVD 10am-2pm Hand &amp; Foot Card-game 11:00 Chair Exercise 11:30 Lunch 12:30 pm Tai Chi (DVD)</p>	<p><b>** Presentations in red will use the main area (dining/activity rooms); there will be no games during this time.</b></p>

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

### **CLOSED** in observance of **Memorial Day**

**We will be closed on Monday, May 27, 2019**

- Elder Point will continue to offer fresh produce at low cost for sale. Please pay at the front desk if attendant is not available.
- Technology Assistance 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.
- Chaplain Judy from VITAS will be here for grief counseling on the 2<sup>nd</sup> Wednesday of each month at 10 am. See the front desk if you would like to schedule her time for a private session.
- **\*The men's bridge group that meets at LACS on Tuesday afternoons is a closed rental group. A mixed bridge group meets Thursday afternoons.**
- **Join us for LINE DANCING with Brittany Melson every Tuesday at 12:30 pm**
- **Check out our chair exercise, Tai Chi and cardio classes.**
- **Merrill will continue to offer arts & crafts on most Tuesday mornings. In May, she will be here On May 7<sup>th</sup> and May 28<sup>th</sup>.**
- **Pam from Devoted will be providing the materials to make May Day baskets on May 1<sup>st</sup>, at 10 am.**
- **Dr. Alicia Claircius will speak on Maintaining Healthy Life Balance on Monday, May 6<sup>th</sup> at 10 am.**
- The movie at Valencia Hills trip will be Wednesday, May 8<sup>th</sup>. Pick-up time is 12:15 pm. Please sign up at front desk.
- **Sarah from Reliance Medical Center will be here on Thursday, May 9<sup>th</sup> for a presentation on Healthy Summer Snacking.**
- **Eva from Trinity Health Care will be here on Tuesday, May 14<sup>th</sup> for games in the main activity area.**
- **Dedicated Healthcare will be sponsoring a mini-pantry event on Wednesday, May 15<sup>th</sup>.**
- **Autumn from Health Markets will be here on Thursday, May 16<sup>th</sup> for a presentation on Staying Hydrated.**
- **We will be celebrating Birthdays for May on Monday, the 20<sup>th</sup>. This event is being sponsored by Laura from Valencia Hills. Please let me know if your name is not on the list when it goes up each month. THANKS!**
- **Karen Dean from Golden Outlook will be here on Monday, May 13<sup>th</sup> making a presentation on Summer Safety.**
- **Jeannie from Southern Gardens will be here for Bingo @ 10 on Wednesday, May 22<sup>nd</sup>.**
- **Tulin from United Health Care will be here for Bingo @ 10 on Thursday, May 23<sup>rd</sup>.**
- **Jennifer from Humana will be here on Tuesday, May 29<sup>th</sup>, for "Name That Tune" in the main activity area @ 10 am**

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