






May

Aging Ahead Sullivan - Senior Center Activities

2024

Monday		Tuesday		Wednesday		Thursday		Friday	
	PLEASE CALL THE CENTER THE WEEK BEFORE FOR LUNCH RESERVATIONS THANK YOU! 573-468-3766 <a href="mailto:SULLIVANSCA@AGINGAHEAD.ORG">SULLIVANSCA@AGINGAHEAD.ORG</a>		CENTER OPEN: MONDAY-FRIDAY 9:00AM - 2:00PM 730 W.MAIN ST SULLIVAN, MO. 63080 573-468-3766	1	UTUBE WORKOUT @9:30 CANASTA 9:00AM-1:00PM  LUNCH 11:00A-12:00P	2	CHAIR WORKOUT @9:30  10:00-11:00AM  LUNCH 11:00A-12:00P	3	CANASTA 9-1PM   SUPP.COM.MTG @1:00P LUNCH 11:00A-12:00P
6	CHAIR WORKOUT @9:30  10:00-11:00AM  LUNCH 11:00A-12:00P	7	NON-DENOMINATION BIBLE STUDY @ 9-10A  MOVIE @10:00A-1:00P  LUNCH 11:00A-12:00P	8	UTUBE WORKOUT @9:30 CANASTA 9:00AM-1:00PM  LUNCH 11:00A-12:00P	9	CHAIR WORKOUT @9:30  10:00-11:00AM  LUNCH 11:00A-12:00P	10	CANASTA 9:00A-1:00P   LUNCH 11:00A-12:00P
13	CHAIR WORKOUT @9:30  10:00-11:00AM LUNCH 11:00A-12:00P	14	NON-DENOMINATION BIBLE STUDY @ 9-10A  MOVIE @10:00A-1:00P  LUNCH 11:00A-12:00P	15	UTUBE WORKOUT @9:30 CANASTA 9:00AM-1:00PM  LUNCH 11:00A-12:00P	16	CHAIR WORKOUT @9:30  10:00-11:00AM LIBRARY @ 11-12  LUNCH 11:00A-12:00P	17	SPRING HAY RIDE SCAVENGER HUNT & CORN HOLE @9:00A LUNCH PROVIDED: HOT DOGS, CHIPS, TEA & LEMONADE LUNCH 11:00A-12:00P
20	CHAIR WORKOUT @9:30  10:00-11:00AM  LUNCH 11:00A-12:00P	21	NON-DENOMINATION BIBLE STUDY @ 9-10A  MOVIE @10:00A-1:00P  LUNCH 11:00A-12:00P	22	UTUBE WORKOUT @9:30 CANASTA 9:00AM-1:00PM  LUNCH 11:00A-12:00P	23	CHAIR WORKOUT @9:30  10:00-11:00AM LUNCH 11:00A-12:00P  CRAFT W/DREA @11:30	24	CANASTA 9:00A-1:00P   LUNCH 11:00A-12:00P
27	CHAIR WORKOUT @9:30  10:00-11:00AM  LUNCH 11:00A-12:00P	28	NON-DENOMINATION BIBLE STUDY @ 9-10A  MOVIE @10:00A-1:00P  LUNCH 11:00A-12:00P	29	UTUBE WORKOUT @9:30 CANASTA 9:00AM-1:00PM  LUNCH 11:00A-12:00P	30	CHAIR WORKOUT @9:30  10:00-11:00AM  MAY BDAYS CAKE & ICECREAM BOOK ETC SALE @9-1 LUNCH 11:00A-12:00P	31	CANASTA 9:00A-1:00P   BOOK ETC SALE @9-1 LUNCH 11:00A-12:00P