












May	Aging Ahead- Quad Cities			2026
	1511 Park Drive Crystal City, MO 63019			
	636-937-8333			

	Tuesday	Wednesday	Thursday	Friday	
	Center hours of operation Monday through Friday 9:00 am - 1:00 pm	Lunch is served daily 11:30 <i>The suggested donation for all senior meals is \$8.00 All donations are appreciated</i>	<u>ALL ACTIVITIES SUBJECT TO CHANGE</u>	1 Virtual Fitness 9:00-9:30 CIRKL Mobility 9:30-10:15	
4	Bingo <i>\$3 or bring 2 prizes</i> Theme: Pantry 10:00-11:00	5 Support Committee meeting 9:30-10:30  Exercise with Faith 10:30-11:30	6 Non-denominational Bible Study 10:00-11:00	7 Crafts with Shelley 10:00-11:30 	
8	Virtual Fitness 9:00-9:30 Country Line Dancing 9:30-10:15 	11	12  Exercise with Faith 10:30-11:30	13 Non-denominational Bible Study 10:00-11:00	
14	BINGO with Festus VFW 10:00-11:00 	15	16 Virtual Fitness 9:00-9:30 CIRKL Mobility 9:30-10:15 <i>Birthday Party</i> 10:30-11:30	18	
18	Bingo <i>\$3 or bring 2 prizes</i> Theme: <i>Shack Attack</i> 10:00-11:00	19  Exercise with Faith 10:30-11:30	20 Non-denominational Bible Study 10:00-11:00	21 BINGO with Autumn Ridge 10:00-11:00 	22 Virtual Fitness 9:00-9:30 Country Line dancing 9:30-10:15 
25	CENTER CLOSED  MEMORIAL DAY REMEMBER AND HONOR	26  Exercise with Faith 10:30-11:30	27 Non-denominational Bible Study 10:00-11:00	28 MOVIE DAY! 9:00 AM 	29 Virtual Fitness 9:00-9:30 CIRKL Mobility 9:30-10:15