



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Exercise Tips</b></p> <p>For some easy ways to get more active try these: Take a walk or swim Take the stairs and not the elevator.</p>		<p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise</p>	<p>10:00 – Poole's Pharmacy Bingo <b>11:45 Birthday Celebration</b> 12:30 – Line Dancing</p>	<p>9:00 – Mat Yoga 10:30 – Panther Creek Band 10:30 – Chair Yoga</p>
<p>10:00 – Exercise <b>1:00pm Park Regency Bingo</b>  <b>Union County Day Trip</b></p>	<p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge <b>10:30- Advisory Council Meeting</b> 10:30 – Chair Yoga 12:00 – Hand &amp; Foot 6:00 – Line Dancing</p>	<p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise</p>	<p>10:00 – Poole's Pharmacy Bingo 12:30 – Line Dancing <b>6:00pm SCC Dance- featuring Zack Ashby Band \$6 admission with dish/ \$7 without dish</b></p>	<p>9:00 – Mat Yoga 10:00- The Ambassador Singers 10:30 – Chair Yoga</p>
<p>10:00 – Exercise</p>	<p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge <b>10:00- Chess Lessons</b> 10:30 – Chair Yoga 12:00 – Hand &amp; Foot Card 6:00- Line Dancing <b>Hancock County Day Trip</b></p>	<p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise <b>12:00 Whitesville Bingo</b></p>	<p><b>10:00 – Faye Loney Sings</b> 12:30 – Line Dancing</p>	<p>9:00 – Mat Yoga <b>10:00- Bingo at Roosevelt</b> 10:30 – Panther Creek Band 10:30 – Chair Yoga</p>
<p>10:00 – Exercise 10:30 Bingo with Amedisys Home Health <b>1:30 Timeslips Workshop</b></p>	<p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge <b>10:00 Bingo W/ Amedisys Home Health</b> Home Health 10:30 – Chair Yoga 12:00 – Hand &amp; Foot Card 6:00 – Line Dancing</p>	<p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise  <b>Ohio County Day Trip</b></p>	<p>12:30 – Line Dancing</p>	<p>9:00 – Mat Yoga 10:30 – Chair Yoga <b>10:30 Celebrate Kentucky Day/ Live music featuring Blue Diamond Bluegrass Band</b> <b>1:00-3:00pm Trolley Tour of Downtown Owensboro</b></p>
<p><b>Closed Memorial Day</b></p>	<p>9:00 – Vet Counseling 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge <b>10:30 Bingo w/ Woodmenlife</b> 10:30 – Chair Yoga 12:00 – Hand &amp; Foot 6:00 – Line Dancing</p>	<p>9:00 – Bingo 10:00 – Social Bridge 10:15 – Exercise  <b>McLean County Day Trip</b></p>	<p>12:30 – Line Dancing  <b>Webster County Day Trip</b></p>	<p>9:00 – Mat Yoga 10:00- The Ambassador Singers 10:30 – Chair Yoga</p>