












North Tempe Senior Center Activities: May 2019

1555 N Bridalwreath St, Tempe, AZ 85281



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>For Lunch Reservations Call the Day Before by Noon! 480-858-6512</p>	<p>Also call for activities information & questions</p>	<p>7:30—9a Coffee, Conversation and Treats 1. 8:30—9:30a Cook w/ Chef Roy 9am Blood Pressure Check 9:30—10:30a Geri-Fit Exercise 10:30 Site Council Meeting 11:30a Lunch w/Nurse</p>	<p>7:30—9a Coffee, Conversation and Treats 2. 9:15a Chair Volleyball Exercise 11:30a LUNCH 12:00p WII PLAY</p> 	<p>7:30—9a Coffee, Conversation and Treats 3. 9:30—10:30a Geri-Fit Exercise 10:00am CINCO DE MAYO CELEBRATION AT ESCALANTE SENIOR CENTER</p>
<p>7:30—9a Coffee, Conversation and Treats 6. 8-12 Pickleball open play & lessons 9:30 to 11:30 Matter of Balance: Falls Prevention Class 10:00a—1:30p American Mahjong</p>	<p>7:30—9a Coffee, Conversation and Treats 7. 9:30—10:30a Tai Chi 10:30—11:30a Art w/Doug 10:30a—1pm Games 11:30a LUNCH</p> 	<p>7:30—9a Coffee, Conversation and Treats 8. 9:30—10:30a Geri-Fit Exercise 10:30 Site Council Meeting - 11 to 12p Bob Doszak Music 11:30a Luncheon—Mother’s Day Celebration</p>	<p>7:30—9a Coffee, Conversation and Treats 9. 9:15a Chair Volleyball Exercise 11:30a LUNCH 12:00p WII PLAY</p> 	<p>7:30—9a Coffee, Conversation and Treats 10. 9:30—10:30a Geri-Fit Exercise 12 to 3pm Senior Games of choice</p> 
<p>7:30—9a Coffee, Conversation and Treats 13. 8-12 Pickleball open play and lessons 9:30 to 11:30 Matter of Balance: Falls Prevention Class 10:00a—1:30p American Mahjong</p>	<p>7:30—9a Coffee, Conversation and Treats 14. 9:30—10:30a Tai Chi 10:30a—11:30 Art w/Doug 10:30a—1p Games 11:30a LUNCH 12:00p RX Matters—AAA presentation</p>	<p>7:30—9a Coffee, Conversation and Treats 15. 8:30—9:30a Cook w/ Chef Roy 9:30—10:30a Geri-Fit Exercise 10:30-11:30a Holistic Health Nutrition Coach Sasha from the Bodhi discusses nutrition 11:30a Lunch</p>	<p>7:30—9a Coffee, Conversation and Treats 16. 9:15a Chair Volleyball Exercise 11:30a LUNCH TALK 12:00p WII PLAY</p> 	<p>7:30—9a Coffee, Conversation and Treats 17. 9:30—10:30a Geri-Fit Exercise 9 to 1pm Chair Massages from Camelback Medical –Sign UP</p> 
<p>7:30—9a Coffee, Conversation and Treats 20. 8-12 Pickleball open play and lessons 10:00a—1:30p American Mahjong</p>	<p>7:30—9a Coffee, Conversation and Treats 21. 9:30—10:30a Tai Chi 10:30—11:30a Art w/Doug 10:30a—1p Games 11:30a LUNCH</p> 	<p>7:30—9a Coffee, Conversation and Treats 22. 8:30—9:30am Cook w/Chef Roy 9:30-10:30am Geri-Fit Exercise 10:45—11:30am PACE Housing Talk 11:30a Lunch</p> 	<p>7:30—9a Coffee, Conversation and Treats 23. 9:15a Chair Volleyball Exercise 11:30a LUNCH 12:00p WII PLAY</p> 	<p>7:30—9a Coffee, Conversation and Treats 24. 9:30—10:30a Geri-Fit Exercise 12:00 to 3:00p Senior Games of choice</p> 
<p>27 SENIOR CENTER IS CLOSED FOR MEMORIAL DAY</p>	<p>7:30—9a Coffee, Conversation and Treats 28. 9:30—10:30am Tai Chi 10:30a—Noon Art w/Doug 10:30a —1pm Games 11:30a LUNCH</p>	<p>7:30—9a Coffee, Conversation and Treats 29. 9:30-10:30am Geri-Fit Exercise 10:30—11:30am Financial Talk 11:30a Lunch</p>	<p>7:30—9a Coffee, Conversation and Treats 30. 9:15a Chair Volleyball Exercise 11:30a LUNCH 12:00p WII PLAY</p> 	<p>7:30—9a Coffee, Conversation and Treats 31. 9:30—10:30a Geri-Fit Exercise 12:00 to 3:00p Senior Games of choice</p>