



SENIOR ACTIVITIES

Phelps Connections for Seniors
12200 Dillon Outer Road



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Aerobics/Weights Class 10 AM 	2 CHAIR YOGA 10:30
5 * CHAIR YOGA 10:30 * CINCO De MAYO LUNCH	6 WEAR YOUR FAVORITE T-Shirt 	7 * CARDS 10 AM * MOTHER'S DAY CRAFT 1:00 PM	8 Aerobics/Weights Class 10 AM 	9 * CHAIR YOGA 10:30 * Mother's Day Lunch * Monty Luke Entertainment
12 CHAIR YOGA 10:30 	13 CRAFTS CLASS 10 AM 	14 CARDS 10 AM 	15 * Aerobics/Weights Class 10 AM * Alzheimer's Meeting 10:30 AM *Virtual Event Foraging Wild Greens 12:00 to 1:00	16 CHAIR YOGA 10:30
19 CHAIR YOGA 10:30 ***** Nutrition Site Board Meeting 1:00 PM	20 PAINT CLASS 10 AM ABLE BOARD MEETING 11 AM	21 * CARDS 10 AM * Get FIT w/ Heather 10:30 * CRAFTS with Luci 1:00 PM	22 Aerobics/Weights Class 10 AM 	23 CHAIR YOGA 10:30
26 CLOSED 	27 * PAINT CLASS 10 AM * MEMORIAL DAY LUNCH	28 * CARDS 10 AM * Get FIT w/ Heather 10:30 * BINGO 11 AM	29 * Aerobics/Weights Class 10 AM * Virtual Event Salamanders of MO 3:00 to 4:00	30 CHAIR YOGA 10:30