

BEDFORD SENIOR COMMUNITY CENTER
SCHEDULED ACTIVITIES
MAY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | 1. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p Board meeting: 12:30pm | 2. Quilters 9:00a-3:00p Veteran of the Month presentation 11:45a Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p | 3. CINCO de MAYO FUN! Sponsored by Aspen Grove Musical guest Homero Ortiz 11:30a Enhance Fitness 8:15a Hand & Foot Cards 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p |
| 6. Enhance Fitness 8:15a Yoga 9:15a - 10:15a Hand & Foot Cards 9:30a Bingo 12:30p | 7. Strength & Balance Class: 9:00a Sound Bath meditation 10:00a VOLUNTEER of the MONTH 11:45a NO Line Dance Class Strength & Balance Class: 3:00p | 8. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Card Class 10:00a - 11:30a Bunco 12:30p | 9. Quilters 9:00a-3:00p Lunch & Learn- Debra Klem-Nurses Honor Guard Program: 11:45a Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p | 10. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p |
| 13. Enhance Fitness 8:15a Mother's Day Donuts sponsored by Alexis Gardens 9am-10:30am Yoga 9:15a - 10:15a Hand & Foot Cards 9:30a Lunch & Learn Dr. Emily Neal, "Balance": 11:45am Bingo 12:30p | 14. Strength & Balance Class: 9:00a VSO Don Cannon- 11a -3p Left-Right-Center dice game 12:30pm Line Dance Class 1:00p - 2:30p Strength & Balance Class: 3:00p | 15. Enhance Fitness 8:15a Hand & Foot Cards 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p Sound Bath Meditation 12:30p | 16. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p | 17. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p |
| 20. Enhance Fitness 8:15a Yoga 9:15a - 10:15a Hand & Foot 9:30a Bingo 12:30p (upstairs) w/ Max Monroe County Senior Info Fair 1:30p-3:30p-Hosted by Congressman Tim Walberg & BSCC | 21. Strength & Balance Class: 9:00a Crafts w/ Stacy- "Craft Fest Theme" 10:30a-11:30a Line Dance Class 1:00p - 2:30p Strength & Balance Class: 3:00p | 22. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bunco 12:30p | 23. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p | 24. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a HONOR GUARD VFW Post #956 Memorial Day Program Euchre 12:30p-3:30p |
| 28.  HAPPY Memorial DAY | 28. Strength & Balance Class: 9:00a TRIVIA DAY 10:30a-11:30a Book Club 12:30pm Line Dance 1:00p - 2:30p Strength & Balance Class: 3:00p SPIRIT WEEK Red, White, & Blue Day | 29. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bunco 12:30p "Fitness Day" | 30. Quilters 9:00a-3:00p Tai Chi 12:30p - 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p "Silly Hat Day" | 31. Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Corn Hole 9:30a Euchre 12:30p-3:30p "Bedford Mules Day" |
| | | 1 | | Congrats 2024 Graduates! |

BEDFORD SENIOR COMMUNITY CENTER
SCHEDULED ACTIVITIES
JUNE 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <p>3.Enhance Fitness 8:15a NO YOGA Today Hand & Foot Cards 9:30a Bingo 12:30p</p> | <p>4.VOLUNTEER of the MONTH presentation 11:45a Strength & Balance Class: 9:00a Line Dance Class 1:00p - 2:30p Strength & Balance Class: 3:00p</p> | <p>5.Enhance Fitness 8:15a Hand & Foot Cards: 9:30a Bible Readings 10:30a - 11:15a Bunco 12:30p</p> | <p>6.NO Quilters GROUP Today Tai Chi 12:30p- 1:30p Double Deck Pinochle 12:30p - 3:00p Strength & Balance Class: 2:00p</p> | <p>7. Enhance Fitness 8:15a Hand Foot Cards 9:30a Veteran of the Month presentation 11:45am NO Euchre Today Strawberry Festival Saturday June 8th</p> |
| <p>10. CLOSED Staff Development Day</p> | <p>11. Strength & Balance Class: 9:00a Sound Bath Meditation w/ Kim 10:00a-11:00a VSO Tim- 11a-3p Lunch & Learn Nick Abalos (Edward Jones): 11:45am Left-Right-Center dice game 12:30pm Line Dance Class 1:00pm - 2:30pm Strength & Balance Class: 3:00p</p> | <p>12. Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Bunco 12:30pm Board Meeting 12:30p</p> | <p>13.Quilters 9:00 - 3:00p Lunch & Learn State Rep. Will Bruck: State Info Updates 11:45am Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm Strength & Balance Class: 2:00p</p> | <p>14.Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Euchre 12:30-2:30</p> |
| <p>17.Enhance Fitness 8:15a Yoga 9:15am - 10:15am Hand & Foot Cards: 9:30am Bingo w/ Max @ 12:30pm</p> | <p>18. Strength & Balance Class: 9:00a Crafts w/ Stacy- "Patriotic Theme" 10:30am-11:30am Line Dance Class 1:00pm - 2:30pm Strength & Balance Class: 3:00p</p> | <p>19.Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Bible Readings 10:30am - 11:15am Bunco 12:30pm Sound Bath Meditation w/ Kim 12:30p-1:30p</p> | <p>20.Quilters 9:00 - 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm - 3:00pm Strength & Balance Class: 2:00pm</p> | <p>21.Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Euchre 12:30-3:30</p> |
| <p>24.Enhance Fitness 8:15a Yoga 9:15am - 10:15am Hand & Foot Cards: 9:30am Bingo @ 12.30pm</p> | <p>25. Strength & Balance Class: 9:00a Trivia Day! 10:30a-11:30a VSO Tim- 11a-3p Book Club 12:30p Line Dance Class 1:00pm - 2:30pm Strength & Balance Class: 3:00p</p> | <p>26.Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Bunco 12:30pm</p> | <p>27.Quilters 9:00 - 3:00p Tai Chi 12:30pm - 1:30pm Double Deck Pinochle 12:30pm—3:00pm Strength & Balance Class: 2:00p</p> | <p>28.Enhance Fitness 8:15am Hand & Foot Cards: 9:30am Euchre 12:30-3:30</p> |
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