



# May Activities-Defiance Site

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Toe Nail Clinic-call for appointments</b> 9:30 Cards 10 Crafts 12:30 shop at Kroger 5-8pm <b>Open Mic Night</b>	2 9:30 Cards 9:45 Blood Pressure check 10:00 Stretch Band Exercises 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo –Brookview 4:00 Yoga <b>1:30 Alzheimer’s Support Group</b>	3 9:30 Cards 10:00 Tai Chi 10:30 Crafts 11:30 Birthday Lunch sponsored by Americare 
6 10 Crochet & knitting bee 10:00 Zumba 12:30 Wheel of Fortune w/ Med1 Care 3:00 Yoga	7 9:45 Shop at Aldi’s 10:00 Bible Study 10:00 Tai Chi-Auditorium 4:00 Yoga	8 9:30 Cards 10 Blood Pressure checks by AllCaring 10:00 Crafts 12:30 Kroger Shopping	8 9:30 Cards 10:00 Stretch Band Exercises with Brookview 10:00 Zumba 12:30 Shop @ Meijer 4:00 Yoga	10 9:30 Cards 10:00 Tai Chi 10-12 <b>Memory Chats By appointment</b> 10:30 Crafts 
13 10:00 Zumba 1:00 Bingo with Kingsbury Place 3:00 Yoga	14 9:45 Shop at Aldi’s 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga <b>Seniors Night Out @ White House Inn</b>	15 9:30 Cards 10:00 Crafts 12:30 Kroger Shopping	16 9:30 Cards 10:00 Stretch Band Exercises 10:00 Zumba 10:45 B/P with CHP 12:30 Shop @ Meijer 12:30 Bingo w/ Twin Rivers 4:00 Yoga	17 9:30 Cards 10:00 Tai Chi 10:30 Crafts
20 10 Crochet & Knitting Bee 10 Zumba 10 Nails & Tails 1:00 Euchre tournament 3 Yoga	21 9am-2pm 7th Annual <i>For the Health of It</i> Health Fair at UAW Hall 4:00 Yoga	22 9:30 Card Club Party 12:30 Kroger Shopping 1-2:30 CSFP	23 9:30 Cards 10:00 Stretch Band 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo AllCaring 4:00 Yoga	24 9:30 Cards 10:00 Tai Chi 10:30 Crafts
27 CLOSURE 	28 9:45 Shop at Aldi’s 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga	29 9:30 Cards 10 Crafts 12:30 Shop at Kroger 5-8 <b>Bloom Into Summer Evening meal and Dance with Sundown Band</b>	30 9:30 Cards 10 Stretch Band Exercise 10 Zumba 12:30 Shop at Meijer 4:00 Yoga	31 9:30 Cards 10 Tai Chi 10:30 Crafts