

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Ballroom Dance Class @1 pm	3 Pickleball @ 8am	4	5 Cinco De Mayo lunch @ Sombra	6	7
8	9 Ballroom Dance Class @ 1pm	10 Pickleball @ 8AM	11	12	13	14
15 Matter of Balance Class 10a-12p	16 Ballroom Dance Class @1pm	17 Pickleball @8 Bingo @1	18 Bowling @ 11	19 Matter of Balance Class 10a-12p	20	21
22 Matter of Balance Class 10a-12p	23 Ballroom Dance Class @ 1pm	24 Pickleball @ 8AM Mystery Trip	25 Ceramic Class @ 1PM	26 Matter of Balance Class 10a-12p	27	28
29	30 Ballroom Dance Class @1pm	31 Pickleball @ 8AM				



Important Info:

REGISTER FOR EVENTS

EMAIL
VINTAGETRAVELERS23@GMAIL.COM

TEXT OR CALL
601.331.8478
PLEASE LEAVE NAME AND EVENT

MYSTERY TRIP

Vintage Travelers
first mystery trip....
Where are we going????

DATE: MAY 24, 2023
COST: \$159.00

MAKE CHECK PAYABLE TO
TREK TRAVEL.

MAIL TO PO BOX 488 MADISON MS
39130

BALLROOM DANCE CLASS

Have you ever wanted to learn ballroom dance?
Well, here is your chance...

Instructor Cassandra Walters has been teaching dance for many years and has offered to share her skills with you. **First Class is complimentary.**

Date: Every Tuesday in May

Time: 1:00 pm

Place: Gotham Dance Studio
707 Beau Dr, Ridgeland, MS 39157

Cost: \$20 per class (bring payment to class)

PICKELBALL CLINIC

Fastest growing sport- especially for those over 50

Date: Every Wednesday in May

Time: 8-9:30 AM

Place: Ridgeland Tennis Center
201 McClellan Dr, Ridgeland

Cost: \$5 court fee day

A MATTER OF BALANCE CLASS: MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Anyone who has concerns about falls, is interested in improving balance, has fallen in the the past, or has restricted activities because of falling concerns can benefit from A Matter of Balance.

Dates: May 15 and 19
May 22 and 26
June 5 and 9
June 12 and 16

Time: 10AM- 12AM

Place: Ridgeland Library
397 US-51

LUNCH BUNCH

Let's Celebrate Cinco De Mayo together and have some fun, fellowship and tacos!!!

Date: May 5, 2023

Time: 10:45 (opens at 11)

Place: Sombra 140 Township Avenue

Cost: On your own

BINGO

Sponsored by The Ezsma Holmes Agency

Date: May 17, 2023

Time: 1pm

Place: 7048 Old Canton Rd.
Ridgeland, MS 39157

BOWLING AT FONDREN

Date: Thursday, May 18, 2023

Time: 11:00 AM

Place: Highball Lanes 3019 N. State St.

Cost: \$10 for 2 hours + \$3 shoe rental

CERAMIC CLASS

Paint and decorate your own ceramic piece.
Choose from 3 different designs.

Instructor and all supplies included in cost.

Date: Thursday, May 25, 2023

Time: 1:00 PM

Place: The Blake at Flowood
350 Town Center Way, Flowood MS

Cost: \$45