

Senior Programs and Centers Weekly Recreation Calendar May 11th- May 15th, 2020

All Programs will be posted to Facebook at 10:30 am on that day unless otherwise noted

Monday May 11	Tuesday May 12	Wednesday May 13	Thursday May 14	Friday May 15
 <p>Art with Carmel</p> <p>Carmel will be demonstrating an alternate technique to do an Acrylic Pour Painting so get your canvas and paints, ready to go!</p> 	 <p>Join Ashley-Nicole as she shows you how to complete the US Census online!</p>  <p>@ 1PM</p> <p>Go to www.zoom.us/join Enter ID: 997 785 0052 Enter password: seniors Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>	 <p>Join Carl & Kathy</p> <p>As he demonstrates exercises that you can do right in your home!</p>  <p>Try this 15 minute Guided Imagery activity with Jessica!</p> <p>Guided imagery is a program of directed thoughts that guides your imagination towards a relaxed state to help combat stress related symptoms.</p> <p>Click here to try it out! https://youtu.be/Wm1mz7GKFtQ</p>	 <p>Easy Dea-sy Chicken Pot Pie</p>   <p>@ 1PM</p> <p>Go to www.zoom.us/join Enter ID: 997 785 0052 Enter password: seniors Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>	 <p>GO ON A LIVE AFRICAN SAFARI</p> <p>This live video features safari guides on foot, in vehicles, or using drones in REAL TIME! It is completely unscripted & makes you feel like you are really there!</p>  <p>There are 2 adventures per day: Sunrise Safari: Mon-Sun 11pm-2am Sunset: Mon-Sun 8:30am-11am</p> <p>Click here to join in at the above times! https://wildearth.tv/safari/ive/</p>

City Updates: Even though we are closed to the public, we want to bring RECREATION to YOU!! We are still here by phone or email if you have any questions.