



Senior Programs and Centers

Weekly Recreation Calendar

May 25th- May 29th, 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 25 	May 26 <i>Join Ashley-Nicole</i> As she shares some helpful hints to combat feelings of isolation during this time. BINGO @ 1PM 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.	May 27 WORKOUT Wednesday <i>Join Carl</i> As he demonstrates this full body workout!	 Todays Recipe: Cherry Fluff It is a light, tasty summer treat and better yet, no cooking required!	May 28 Yosemite National Park is best known for its waterfalls, towering granite monoliths, deep valleys and ancient giant sequoias. This virtual tour of Yosemite National Park allows online visitors to experience over 200 different locations within the park and its surrounding areas. Click below to start the tour: HTTPS://WWW.VIRTUALYOSEMITE.ORG/VIRTUAL-TOUR/
Art with Carmel Join Carmel as she completes an acrylic pour "on the rocks" TOUR YOSEMITE NATIONAL PARK				

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.

City of Mobile Parks and Recreation Department Senior Programs and Centers

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