

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 May 25	Tuesday May 26	Wednesday May 27	Thursday May 28	Friday May 29
 	<p><i>Join Ashley-Nicole</i></p>  <p>As she shares some helpful hints to combat feelings of isolation during this time.</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>WORKOUT <i>Wednesday</i></p> <p>Join Carl</p>  <p>As he demonstrates this full body workout!</p> 	 <p>Todays Recipe:</p> <p>Cherry Fluff</p> <p>It is a light, tasty summer treat and better yet, no cooking required!</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>TOUR YOSEMITE NATIONAL PARK</p>  <p>Yosemite National Park is best known for its waterfalls, towering granite monoliths, deep valleys and ancient giant sequoias.</p> <p>This virtual tour of Yosemite National Park allows online visitors to experience over 200 different locations within the park and its surrounding areas.</p> <p>Click below to start the tour: HTTPS://WWW.VIRTUALYOSEMITE.ORG/VIRTUAL-TOUR/</p>
<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.</p>				

City of Mobile Parks and Recreation Department Senior Programs and Centers

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