

Senior Programs and Centers Weekly Recreation Calendar May 18th- May 22nd, 2020

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

Monday May 18	Tuesday May 19	Wednesday May 20	Thursday May 21	Friday May 22
 Art with Carmel Carmel will be demonstrating an alternate technique to complete the Acrylic Pour Painting 	technology tuesday  Connecting Generations: How to use Social Media to Combat Depression  @ 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.	WORKOUT Wednesday Join Carl & Kathy  As they demonstrate exercises that you can do right in your home!	 COOKING TIPS & TRICKS Today Mary will discuss some helpful Kitchen Tips that will turn you from a regular chef into Julia Childs!  @ 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.	TOUR THE SMITHSONIAN MUSEUM OF NATURAL HISTORY  This museum contains over 145 million specimens of plants, animals, fossils, meteorites, and human cultural artifacts. It is the largest natural history collection in the world! Click below to access the tour! https://naturalhistory2.si.edu/vt3/NMNH/z_tour-022.html

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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