



\* Programs will be posted to Facebook @ 10:30 am on the day listed unless noted\*



Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12
 <p><b>Over the past few weeks you have completed some amazing acrylic pours! Today Carmel will show you how adding some stencil designs to those previous paintings can add a new twist to them!</b></p> 	 <p><b>Join Ashley-Nicole</b> as she shares some tips to help you get through the COVID-19 pandemic</p>  <p>@ 1PM with Jessica</p> <p>Go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> Enter ID: 997 785 0052 Enter password: seniors Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>	<p><b>WORKOUT</b> <i>Wednesday</i></p> <p><b>Join Carl</b></p>  <p>As he demonstrates chair exercises you can do at home!</p> 	 <p><b>It's grilling season so tune in as Mary shares some beginner's charcoal grilling tips!</b></p>   <p>@ 1PM</p> <p>Go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> Enter ID: 997 785 0052 Enter password: seniors Bingo cards are available @ Connie Hudson- on the bench by the front door.</p>	<p><b>COFFEE WITH THE CREW</b></p>  <p>Join our staff at <b>9am</b> for a virtual cup of coffee together!</p> <p>Go to <a href="https://www.zoom.us/join">www.zoom.us/join</a> Enter ID: 997 785 0052 Enter password: seniors</p> <p><b>TOUR OF STONEHENGE</b></p>  <p><b>Stonehenge</b> is one of the world's most famous monuments. It stands on Salisbury Plain, in England and its giant stones can be seen from miles around. It is believed that it was built over 4,000 years ago.</p> <p><a href="https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/">https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/</a></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.

**City of Mobile Parks and Recreation Department Senior Programs and Centers**

| 251.208.6701 | 3201 Hillcrest Road Mobile, Alabama 36617 | [www.cityofmobile.org](http://www.cityofmobile.org) | [mprdseniors@cityofmobile.org](mailto:mprdseniors@cityofmobile.org)