

Senior Programs and Centers Weekly Recreation Calendar May 4th- May 8th, 2020

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

Monday May 4	Tuesday May 5  Cinco De Mayo	Wednesday May 6	Thursday May 7	Friday May 8
 Art with Carmel Carmel will be demonstrating how to do an Acrylic Pour Painting so get your canvas, paints, and brushes ready to go! 	Join AARP Real Possibilities To find out local and national resources available to you! Join us As we meet up with Chef Patty, an expert in Mexican Cuisine, as she demonstrates how to make FLAN- a traditional Mexican dessert!  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.	WORKOUT Wednesday  Join Adam For a back, legs, and abdominal workout you can do right in your home!	MAYHEM IN THE KITCHEN WITH MARY Today's Recipe: Blackberry Cobbler  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.	Take a Tour of 5 National State Parks! Dry Tortuga Carlsbad Caverns Hawaii Volcanoes Bryce Canyon Kenai Fjords   You can rappel into a crevasse, fly with bats, or fly over an active volcano in these tours! https://artsandculture.withgoogle.com/en-us/national-parks-service