

Senior Programs and Centers Weekly Recreation Calendar April 20-24, 2020

Monday April 20	Tuesday April 21	Wednesday April 22	Thursday April 23	Friday April 24
 <p>Learn how to make a fish Zentangle in today's video</p>	<p>Q & A Session with Ashley-Nicole</p>  <p>For this weeks video, Ashley-Nicole will explain how Zoom, the video conference works and how to access it so you can start playing Virtual Bingo with us! She will also answer any of the questions you have submitted.</p>	<p>WORKOUT Wednesday</p>  <p>Join Carl & Kathy</p> <p>As they demonstrate chair exercises you can do from home!</p>	 <p>Made with a whole lotta love and a little bit of chaos!</p>	<p>Virtual Tour of Ford's Theatre</p>  <p>Any US History fans out there? If so this is an interesting tour covering the events that happened in April 1865, when President Lincoln was assassinated.</p>
 <p>Join the Art Competition!</p> <p>Your task is to create a blue crab using whatever medium you would like! Paint it, draw it, quilt it! Be creative!</p> <p>Complete by Wed. April 29, snap a picture & email to mprdseniors@cityofmobile.org</p> <p>A winner will be selected on Friday, May 1st & prize will be delivered to YOU!</p>		<p>BINGO</p> <p>Join us for our first Virtual Zoom Bingo at 1 PM in two easy steps:</p> <p><u>Click to get your bingo card. Just click on the #'s being called to "X" them out!</u></p> <p><u>Click to join the meeting!</u></p>	<p>Mexican Casserole Take 2</p> <p>Learn how to make an alternate rendition of a Mexican Casserole that includes Doritos for a tasty crunch!</p>	<p>The tour covers both Ford's Theatre and the Peterson House where he was taken after John Wilkes Booth shot him.</p> <p><u>Click here to start the tour.</u></p>

Weekly Challenge: E-mail us at mprdseniors@cityofmobile.org a picture of yourself holding a paper with a message you would like to send your Senior Center friends and staff. We will make a video of them all and post on Facebook [#MOBtownseniorsflattenthecurveofCOVID19](#)