

# Colonial Heights Senior Center

May 2022

157 Roanoke Ave

| Su | Mon  | Tue   | Wed  | Thu   | Fri   | Sat |
|----|--|---|--|---|---|-----|
| 1  | 2<br>8:15 Senior Stride<br>8:30 Muscles in Motion<br>9:30 Tai Chi @ Library<br>9:30 Bowling (off-site)<br>10:00 Strength & Str.<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:30 Intro to Pinochle<br>1:00 Pinochle<br>1:30 Senior Singers<br>4:00 Scrapbooking  | 3<br>8:30-11:00 Car Wash (\$)<br>8:30 TBS<br>9:00 Tap Dancin' Gran.<br>9:30 Yoga Core<br>10:30 Sit & Fit<br>11:20 World Religion<br>11:30 Water Aerobics \$<br>11:40 Meditation<br>1:00 Bingo<br>2:00 Meaningful Ex.<br>2:30 Sewing   | 4<br>8:30 Muscles in Motion<br>8:30 Crochet & Knitting<br>10:00 Balance<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:00 L&L Wills<br>12:30 Bridge   | 5<br>8:30 TBS<br>9:30 Yoga Warrior<br>9:30 Beg. Line Danc-<br>ing @ Library<br>10:30 Sit & Fit<br>11:30 Meditation<br>12:15 Game Day -<br>Hangman<br>1:15 Senior Club | 6<br>8:30 Muscles in Motion<br>10:00 Strength & Str.<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>1:00 Mahjong<br>1:00 Scrabble                             | 7   |
| 8  | 9<br>8:15 Senior Stride<br>8:30 Muscles in Motion<br>9:30 Tai Chi @ Library<br>9:30 Bowling (off-site)<br>10:00 Strength & Str.<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:30 Intro to Pinochle<br>1:00 Pinochle<br>1:30 Senior Singers<br>4:00 Scrapbooking  | 10<br>8:30 TBS<br>9:00 Tap Dancin' Gran.<br>9:30 Yoga Core<br>10:30 Sit & Fit<br>11:20 World Religion<br>11:30 Water Aerobics \$<br>11:40 Meditation<br>1:00 Bingo<br>2:00 Meaningful Ex.<br>2:30 Sewing                              | 11<br>8:30 Muscles in Motion<br>8:30 Crochet & Knitting<br>10:00 Balance<br>10:00 Trip - Rosie's<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:30 Bridge   | 12<br>8:30 TBS<br>9:30 Yoga Warrior<br>9:30 Beg. Line Danc-<br>ing @ Library<br>10:30 Sit & Fit<br>11:30 Meditation<br>12:15 Game Day -<br>Uno<br>1:15 Senior Club    | 13<br>9:00 Walk This Weigh<br>10:00 Stretch it Out<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>1:00 Intro to Mahjong<br>1:00 Scrabble<br>6:00 Senior Dance | 14  |
| 15 | 16<br>8:15 Senior Stride<br>8:30 Muscles in Motion<br>9:30 Tai Chi @ Library<br>9:30 Bowling (off-site)<br>10:00 Strength & Str.<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:30 Intro to Pinochle<br>1:00 Pinochle<br>1:30 Senior Singers<br>4:00 Scrapbooking | 17<br>No Water Aerobics<br>8:30 TBS<br>9:00 Tap Dancin' Gran.<br>9:30 Yoga Core<br>10:30 Sit & Fit<br>11:20 World Religion<br>11:30 Sr. Club Bd. Mtg.<br>11:40 Meditation<br>1:00 Bingo<br>2:00 Meaningful Ex.<br>2:30 Sewing         | 18<br>8:30 Muscles in Motion<br>8:30 Crochet & Knitting<br>10:00 Balance<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:00 L&L Jencare<br>COPD<br>12:30 Bridge<br>2:00 Worthy Wed.  | 19<br>8:30 TBS<br>9:30 Yoga Warrior<br>9:30 Beg. Line Danc-<br>ing @ Library<br>10:30 Sit & Fit<br>11:30 Meditation<br>12:15 Game Day -<br>Bingo<br>1:15 Senior Club  | 20<br><b>No Exercise Classes<br/>Health Fair<br/>10:00-12:00</b><br>11:00 Pickleball (SCB)<br>1:00 Mahjong<br>1:00 Scrabble                                       | 21  |
| 22 | 23<br>8:15 Senior Stride<br>8:30 Muscles in Motion<br>9:30 Tai Chi @ Library<br>9:30 Bowling (off-site)<br>10:00 Strength & Str.<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:30 Intro to Pinochle<br>1:00 Pinochle<br>1:30 Senior Singers<br>4:00 Scrapbooking | 24<br>No Water Aerobics<br>8:30 TBS<br>9:00 Tap Dancin' Gran.<br>9:30 Yoga Core<br>10:30 Sit & Fit<br>11:20 World Religion<br>11:40 Meditation<br>1:00 Bingo<br>1:00-4:00 Spring Fling<br>2:00 Meaningful Ex.<br>2:30 Quilts for Vets | 25<br>8:30 Muscles in Motion<br>8:30 Crochet & Knitting<br>9:00 Trip - Farmville<br>10:00 Balance<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>12:00 Tech Heads<br>12:30 Bridge  | 26<br>8:30 TBS<br>9:30 Yoga Warrior<br>9:30 Beg. Line Danc-<br>ing @ Library<br>10:30 Sit & Fit<br>11:30 Meditation<br>12:00 Sr. Club Picnic                          | 27<br><b>Rita Teaching</b><br>8:30 Cardio<br>10:00 Strength<br>11:00 Pickleball (SCB)<br>11:00 Line Dancing<br>1:00 Scrabble<br><br><b>Elaine &amp; Stacy Off</b> | 28  |
| 29 | 30<br>  | 31<br>8:30 TBS<br>9:00 Tap Dancin' Gran.<br>9:30 Yoga Core<br>10:30 Sit & Fit<br>11:20 World Religion<br>11:30 Water Aerobics \$<br>11:40 Meditation<br>1:00 Bingo<br>2:30 Sewing   | <b>Trips Are Back!!</b><br>June 29 Riverside Theater: <i>Nunsense</i><br>July 20 Maryland Live Casino<br>August 3 Riverside Theater: <i>Guess Who's Coming to Dinner</i><br>September 28 Riverside Theater: <i>Ghost</i><br><br>Our trips book fast so call or stop by today to reserve your spot! |   |   |     |

## Join us May 20th for our Healthy, Wealthy, Wise Fair!!

This free event is designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources. Lots of vendors so come join in on the fun!

(See flyer for a list of participants)

### Exercise Class Description:

**Balance:** This class focuses on balance. Weights are optional. No prior exercise required. Beginner to advanced.

**Line Dancing:** Foster a love of movement with this fun and energetic class. Learn choreographed Ballroom style dance moves.

**Meditation:** This basic meditation class includes sitting and walking. Leader will discuss methods, benefits & traditions of meditation.

**Muscles in Motion:** Combine cardio, functional resistance, balance and range of motion. Most advanced exercise class. Bring your weights.

**Senior Stride:** Come and walk the trail at Roslyn Landing Park. Weather permitting.

**Sit & Fit:** Chair exercise that will improve health and wellness. Half of class is standing, using a chair as support and other half is sitting. Great beginner class. Bring your resistance band.

**Strength & Stretch:** Minimal cardio. Build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility using dumbbells working every muscle in every angle. Intermediate to advanced. Bring your weights.

**Stretch it Out:** Full body standing stretching. Join us and work on your flexibility! 30 minutes.

**TBS (Total Body Strength)** Bring your dumbbells for this full body workout! Beginner to intermediate.

**Yoga Core:** This 45 minute class focuses on strengthening your core and is primarily mat based. Beginner to intermediate. Bring your mat.

**Yoga Warrior:** This class is designed around the warrior poses and focuses on improving strength, flexibility and range of motion. Beginner to intermediate. Bring your mat.

**Walk This Weigh:** Indoor walking workout with no equipment needed.

**Water Aerobics:** 60 minute class offering a full body workout that is easy on the joints. (\$)

**Unless otherwise noted, each class lasts for approximately 45 minutes.**

### Senior Club Schedule for May

|        |                         |
|--------|-------------------------|
| May 5  | Election of Officers    |
| May 12 | Bingo, 50/50, Birthdays |
| May 19 | Memorial Observance     |
| May 26 | Picnic @ Sr. Center     |

### Spring Fling

We are hosting Jencare's annual Spring Fling on Tuesday, May 24th from 1-4pm. Join us for lunch, dancing, games and more! Tour Jencare's facility to reserve your FREE ticket. The Sr. Center has a reserved tour scheduled for Tuesday, May 17th @ 2:00pm. Please see Elaine to reserve your spot.

See flyer for more details!