

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>This Month We Celebrate:</i></p> <p>Asian Pacific American Heritage Month Jewish American Heritage Month Older American's Month Mental Health Awareness Month</p> <p>May 11th - Mother's Day May 17th - Armed Forces Day May 26th - Memorial Day</p>  			<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am BP Screenings 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 11am Help Yourself to Healthy Living: Prevent a Stroke * 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">1</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew-National Sweet Truffle Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p style="text-align: right;">2</p>
<p>Crab Cake, Sweet Potato Fries, Mixed Vegetable, Fruit, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p style="text-align: right;">5</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10am Stamp Club* 10:30am Scrabble 10:30am-12pm Cash for Gold* 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" class (\$4)</p> <p style="text-align: right;">6</p>	<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 11am Tech Tutoring Special Presentation: QR codes* 1pm Rummikub 1pm Helpful Tips for Selling your Home* 2:30pm Chair Yoga (\$4)*</p> <p style="text-align: right;">7</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>9am Breakfast Club @ Peeps* 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat NO GMU SLP Students Today 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">8</p>	<p>Sausage, Peppers, & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 11am State Rep. Scheuren Office Hour** 1pm The Happy? Ya! Ya! Crew-Nat'l Lost Sock Memorial Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p style="text-align: right;">9</p>
<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p style="text-align: right;">12</p>	<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Book Club* 1:30pm "Dance w/ Lysandra" Class (\$4)</p> <p style="text-align: right;">13</p>	<p>Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm ClearCaptions Presentation* 2:30pm Chair Yoga (\$4)*</p> <p style="text-align: right;">14</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge 12:30pm Skip-Bo 1pm PA Health & Wellness Bday Celebration/Program* 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">15</p>	<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 1pm The Happy? Ya! Ya! Crew-Nat'l Classic Movie Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong*</p> <p style="text-align: right;">16</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Class (\$5)* 1:30pm Bingo for Bucks</p> <p style="text-align: right;">19</p>	<p>NO LUNCH TODAY: ELECTION DAY</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am "Flip the Script on Aging" Group Trivia* Election Day: No Lunch or PM Activities on Site 4:30pm Dinner Outing @ 1750 Grille, Holiday Inn* 20</p>	<p>Special Lunch (\$8): Breaded Chicken Tenders, Macaroni & Cheese, Cole Slaw, Strawberry Short Cake</p> <p>8am-4pm Train Show* 8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30a-2p Social Services Appts** 10am-2pm Unclaimed Property Day w/ Sen Pennycuick's office* 10:30am-12pm Tech Tutoring** 12:00pm Special Lunch w/ PEAK Tappers (\$8)* 1pm Rummikub 21 2:30pm Chair Yoga (\$4)*</p>	<p>Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk</p> <p>8am-4pm Train Show* 9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4) 22</p>	<p>Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk</p> <p>10am Wii Sports or Jeopardy 10am Walk with Ease (pre-registered participants) 1pm The Happy? Ya! Ya! Crew- Nat'l Taffy Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong* 23</p>
<p style="text-align: center;">★ ★ ★ ★ ★ <i>Closed for</i>  MEMORIAL DAY 26</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm "Dance with Lysandra" Class (\$4) 27</p>	<p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk</p> <p>8am Chess 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 9:30am-2pm Social Services Appts w/ Tara** 10:30am-12pm Tech Tutoring** 1pm Rummikub 1pm Crystal Bowls* 2:30pm Chair Yoga (\$4)* 28</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 10am-2pm GMU SLP Students (Brain Games @ 10:30am)* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4) 29</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 10:30am HypnoFit Living Presentation* 1pm The Happy? Ya! Ya! Crew- Nat'l Creativity Day* 1:30pm Stretch & Tone (\$4) 2:30pm Ping Pong* 30</p>

Orange with * Indicates special programming with additional information available at our front desk or online

Blue with ** Indicates Resources & Services with additional info available at our front desk or online

Our center is open **8am - 4pm, Mon-Fri**, with access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc. Programs are free unless otherwise indicated.

Detailed descriptions for all of our regular and recurring programming can be found on our website:
www.ghnps.org
or scan the QR code for quick access



Scan me