

# May 2017 Activities

Mon

Tue

Wed

Thu

Fri

1.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Exercise—Westwood 10:30-11 am

*Happy May Day* 

2.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am

3.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Kings in the Corner & Euchre—  
Reynolds 10 am  
Exercise—Westwood 10:30-11 am

4.  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am  
Hand & Foot (cards) - Colona House  
12-1pm

5.  
Exercise Class—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Exercise—Westwood 10:30-11 am

8.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Exercise—Westwood 10:30-11 am

9.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am


10.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Kings in the Corner & Euchre—  
Reynolds 10  
Exercise—Westwood 10:30-11 am

11.  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am  
Hand & Foot (cards) - Colona House  
12-1pm

12.  
Exercise Class—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Exercise—Westwood 10:30-11 am

**NATIONAL LIMERICK DAY**

15.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Exercise—Westwood 10:30-11 am  
Nutrition Program—Edgington 11 am

**Happy National  
Chocolate Chip Day!** 

16.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am


17.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Kings in the Corner & Euchre—  
Reynolds 10  
Exercise—Westwood 10:30-11 am  
Blood Pressure Checks provided by  
WIHHC—Reynolds 10:30-11:30 am  
Nutrition Program—Reynolds 10:30

18.  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am  
Hand & Foot (cards) - Colona House  
12-1pm  
Hand Massages provided by La'James  
students at Senior Center 10-11 am

19.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Exercise—Westwood 10:30-11 am

22.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Exercise—Westwood 10:30-11 am

23.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub —Port Byron 10 am  
Exercise—Westwood 10:30-11 am  
Nutrition Program—Port Byron 10:30

**Lucky Penny Day** 

24.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Kings/Corner & Euchre-Reynolds 10  
Bingo—Colona House 9:30-10:30 am  
Exercise—Westwood 10:30-11 am  
Rummikub—Port Byron 10 am

25.  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am  
Hand & Foot (cards) - Colona House  
12-1pm  
Nutrition Program—Westwood 2-3 pm

26.  
Exercise Class—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Exercise—Westwood 10:30-11 am

29.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Euchre—Edgington 10 am  
Exercise—Westwood 10:30-11 am

30.  
13 (cards) - Senior Center 9:30 am  
Bingo—Colona House 9:30-10:30 am  
Rummikub—Port Byron 10 am  
Exercise—Westwood 10:30-11 am

31.  
Exercise—Senior Center 9:30 am  
13 (cards) - Senior Center 9:30 am  
Kings/Corner & Euchre-Reynolds 10  
Bingo—Colona House 9:30-10:30 am  
Exercise—Westwood 10:30-11 am  
Rummikub—Port Byron 10 am

**NATIONAL SENIOR HEALTH & FITNESS DAY**

**Project NOW**  
Community Action Agency

**ROCK ISLAND COUNTY**  
Senior Center

Phone: 309-788-6335  
Toll Free: 800-788-6308

  
**Bread Day**

**Every Thursday -  
Senior Center**