

# May 2023

Wishing All Mothers, A Happy Mother's Day!!!

# BlackRock

Wishing all Seniors  
Born in May a Happy Birthday

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8am-9am</b> <b>Chat session</b> <b>Tai chi</b> <b>9am-10am</b> <b>10-11</b> <b>Breathing</b> <b>Exercise</b> <b>12-1pm lunch</b>	<b>8 am9 am</b> <b>Breakfast.</b> <b>Weight</b> <b>Training</b> <b>9am-10am</b> <b>Breathing</b> <b>exercises</b>	<b>3</b> <b>Breakfast</b> <b>10am-11:45</b> <b>Arts</b> <b>Bingo</b> <b>12pm-3pm-</b>	<b>Chat Session</b> <b>Chair Exercise</b> <b>Health Brain 5 Week</b> <b>Training</b>	<b>5</b> <b>Chat Session</b> <b>9am-10am</b> <b>11-am-1:30 pm</b> <b>Lunch Movies</b>
<b>8</b> <b>8am-9am</b> <b>Chat session</b> <b>Tai chi</b> <b>9am-10am</b> <b>10-11</b> <b>Breathing</b> <b>Exercise</b> <b>12-1pm lunch</b>	<b>9</b> <b>8 am9 am</b> <b>Breakfast.</b> <b>9am-10am</b> <b>Breathing</b> <b>exercises</b> <b>9am-10</b> <b>Ceramics</b>	<b>10</b> <b>Bingo</b> <b>Bash</b>	<b>11</b> <b>Chat Session</b> <b>Chair Exercise</b> <b>Health Brain 5 Week</b> <b>Training</b>	<b>12</b> <b>Chat Session</b> <b>9am-10am</b> <b>11-am-1:30 pm</b> <b>Lunch Movies</b>
<b>15</b> <b>10-11</b> <b>8am-9am</b> <b>Chat session</b> <b>Tai chi</b>	<b>16</b> <b>8 am9 am.</b> <b>Breakfast</b> <b>9am-10am</b> <b>Breathing</b>	<b>17</b> <b>Breakfast</b> <b>10am-11:45</b> <b>Arts</b> <b>Bingo</b>	<b>18</b> <b>Chat Session</b> <b>Chair Exercise</b> <b>Health Brain 5</b> <b>Week Training</b>	<b>19</b> <b>Chat Session</b> <b>9am-10am</b> <b>11-am-1:30 pm</b> <b>Lunch Movies</b>
<b>22</b> <b>8am-9am</b> <b>Chat session</b> <b>Tai chi</b> <b>9am-10am</b> <b>10-11</b>	<b>23</b> <b>8 am9 am</b> <b>Breakfast.</b> <b>9am-10am</b> <b>Breathing</b> <b>exercises</b>	<b>24</b> <b>Breakfast</b> <b>10am-11:45</b> <b>Arts</b> <b>Bingo</b> <b>12pm-3pm-</b>	<b>25</b> <b>Chat Session</b> <b>Chair Exercise</b> <b>Health Brain 5 Week</b> <b>Training</b>	<b>26</b> <b>Chat Session</b> <b>9am-10am</b> <b>11-am-1:30 pm</b> <b>Lunch Movies</b>
<b>Center Is Closed</b> <b>29</b> 	<b>8 am9 am</b> <b>Breakfast.</b> <b>9am-10am</b> <b>Breathing</b> <b>exercises</b> <b>9am-10</b> <b>Ceramics</b>	<b>3</b> <b>Breakfast</b> <b>10am-11:45</b> <b>Arts</b> <b>Bingo</b> <b>12pm-3pm-</b>		

Lunch will be served every day from 12-1pm