


Activities provided by *Senior Services* McHenry Township Senior Center

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Join us at the Senior Center 3519 N. Richmond Road McHenry, IL 60051</i></p> <p>Programs Marked TWP are held at the McHenry Township Building A <i>There is a fee for any program with \$. Advance registration is required for those marked **</i></p>	<p>Call for current information Schedule subject to change Call Lisa Geisler at 815-344-3555 or lgeisler@seniorservicesassoc.org</p> <p>May 2- Lunch Bunch at <i>La Trinidad, 4401 W. Elm Street</i> RSVP to Lisa by May 1</p>	<p>1 9:00 Men's Pool 9:00 Senior Exercise**\$ 12:00-2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Blood Pressure by Fire Dept. 2:00 Harmonica for Health</p> <p><i>(Lunch Bunch for LaTrinidad RSVP due)</i></p>	<p>2 8:00 Senior Exercise Level 2 **\$ 9:00 Coffee & Trivia 9:30 Knit & Crochet Club 10:00 Balance Class 11:30 Lunch Bunch at <i>La Trinidad (cost is on your own)</i> RSVP to Lisa by May 1</p>	<p>3 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 11:00 Sequence Game 12:00 Popcorn and Movie: <i>The Miracle Club</i> 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$</p>
<p>6 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Caregiver Support Group 10:00 Rummikub & Games 10:00 Art with Liz 1:00 Fit & Strong Grads Class 1:00 Fire Safety & Fall Prevention Bingo by Fire Dept.</p>	<p>7 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 10:00 Bean Bag Toss, Bocce, Games & Mah Jong 12:00 Pinochle 1:00 Bunco \$</p>	<p>8 9:00 Men's Pool 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 2:00 Bingo \$ <i>(note time change)</i> 2:00 Harmonica for Health</p>	<p>9 8:00 Senior Exercise Level 2**\$ 9:00 Coffee & Buzzword 9:30 Knit & Crochet Club 10:00 Balance Class</p>	<p>10 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$</p>
<p>13 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub, Cards and Dice Games 10:00 Art with Liz 1:00 Fit & Strong Grads Class</p>	<p>14 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 10:00 Bean Bag Toss, Bocce, Games & Mah Jong 12:00 Pinochle 1:00 Bunco \$</p>	<p>15 9:00 Men's Pool 9:00 Senior Exercise**\$ 12:00-2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Harmonica for Health</p>	<p>16 8:00 Senior Exercise Level 2**\$ 9:00 Coffee & Thinklers 9:30 Knit & Crochet Club 10:00 Balance Class 12:15 Potluck Lunch (RSVP) 1:00 Aging Teen Idols- Classic Rock Covers Show</p>	<p>17 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 11:00 Sequence Game 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$</p>
<p>20 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub, Cards and Dice Games 10:00 Art with Liz 1:00 Fit & Strong Grads Class</p>	<p>21 <i>Newsletter Mailing</i> 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 10:00 Bean Bag Toss, Bocce, Games & Mah Jong 12:00 Pinochle</p>	<p>22 9:00 Men's Pool 9:00 Senior Exercise**\$ 12:00-2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Harmonica for Health</p>	<p>23 8:00 Senior Exercise Level 2 **\$ 9:00 Coffee & Name That Song 9:30 Knit & Crochet Club 10:00 Balance Class 1-2:30 Memory Café</p>	<p>24 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$</p>
<p>27</p>  <p>MEMORIAL DAY ★ REMEMBER AND HONOR ★</p> <p><i>Office Closed</i></p>	<p>28 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 10:00 Bean Bag Toss, Bocce, Games & Mah Jong 12:00 Pinochle 1:00 Bunco \$</p>	<p>29 9:00 Men's Pool 9:00 Senior Exercise**\$ 12:00-2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Harmonica for Health</p>	<p>30 8:00 Senior Exercise Level 2**\$ 9:00 Coffee & Buzzword 9:30 Knit & Crochet Club 10:00 Balance Class</p>	<p>31 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$</p> <p><i>(Lisa out of office)</i></p>