


May 2019 (sign up for programs/activities begins Wednesday, May 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><small>MEMBER FDIC EQUAL HOUSING LENDER</small></p> <p>It's all about CONVENIENCE It's all about COMMUNITY It's all about YOU!</p> <p><small>KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</small></p> <p>StateBank <small>ksstatebank.com</small></p> <p>Westloop Downtown Aggleville Highway 24 785-587-4000</p>		<p>1</p> <p>9:00 MAREA 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Lifestory Writing Group 1:00 Line Dancing</p>	<p>2</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 9:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle 3:00 Applebee's Appetizers</p>	<p>3</p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers</p>
<p>6</p> <p>9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Instant Family 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga</p>	<p>7</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch</p>	<p>8</p> <p>8:30 Foot Care 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 11:00 Bergman's Amazing Musicians 12:30 Bridge 12:30 Webinar: A Better Visit 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>9</p> <p>8:45 Oldies Sweatin' 9:00 AARP Board 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Cleaning & Adjustments 11:30 Blood Pressure Checks & Hearing Aid Cleanings 12:00 Lunch Bunch: El Tapatio 1:00 Bunco/Pinochle</p>	<p>10</p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 NO Center Singers 12:45 Presentation: Buttons Galore 1:00 Texas Hold 'Em</p>
<p>13</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Despicable Me 3 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Alzheimer's Support Group for Caregivers 5:30 Monday Yoga</p>	<p>14</p> <p>8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 10:00 Reception for Sharon Berner 11:00 Chair Yoga 1:00 Pitch 1:00 Tap To Togetherness 1:00 Crocheting & Camaraderie 1:15 Manhattan Running Company 2:00 Senior Social at west Dairy Queen</p>	<p>15</p> <p>8:30 Foot Care 9:00 FABRIC SALE 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>16</p> <p>8:45 Oldies Sweatin' 9:00 AARP 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 ARTful Memories 1:00 Pinochle/Bunco 3:00 Afternoon Appetizers</p>	<p>17</p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>
<p>20</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 11:00 CSFP Food Box Pick-up & Delivery 12:30 Bridge 12:45 Movie: A Question of Faith 1:00 Art Studio 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>21</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 10:30 Presentation: KS Spring/Summer Forecast 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 2:00 VIP Support Group</p>	<p>22</p> <p>8:30 Foot Care 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing 2:00 Presentation: Are you Prepared?</p>	<p>23</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco 3:00 Applebee's Appetizers</p>	<p>24</p> <p>9:15 Advanced Strength Training 9:45 NO TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em</p>
<p>27</p> <p>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</p> 	<p>28</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Crocheting & Camaraderie 1:00 Presentation: The Blue River Valley</p>	<p>29</p> <p>10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing 1:00 National Senior Health & Fitness Day: Walk at City Park</p>	<p>30</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 10:30 Beach Museum Tour: Celebrating Heroes 11:00 Chair Yoga 1:00 Pinochle/Bunco 3:00 Applebee's Appetizers</p>	<p>31</p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers</p>