

**May
2018**

**SENIOR ACTIVITIES
CALENDAR**

Omar K. Lightfoot Recreation Center
10901 N. 56th Street
Temple Terrace, FL 33617
Phone: (813) 506-6635



TEMPLE TERRACE
Amazing City. Since 1925.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 am Tai Chi 9:30 am Arthritis Exercise 10 am Yoga 12:15 pm Bingo	2 9 am Yoga 9:30 am Line Dancing 10:30 am Smovey Fitness 10:30 am Ceramics 1 pm Card Bingo 4:30 pm Ceramics	3 9 am Silver Sneakers 10 am Ceramics 10:15 am Musical Bingo 12:30 pm Adult Coloring 1 pm Computer Tutoring	4 9:30 am Arthritis Exercise 10 am Bridge 12:15 pm Bingo sponsored by Fairway Oaks
7 9 am Silver Sneakers 9:15 am Yoga 10:30 am Tote Bag Craft with Michelle (please sign up in advance) 11 am Walking Club 12:15 pm Bunco & Tea 2 pm Word Games	8 9:30 am Tai Chi 9:30 am Arthritis Exercise 10 am Yoga 12:15 pm Bingo	9 9 am Yoga 9:30 am Line Dancing 10:30 am Smovey Fitness 10:30 am Ceramics 1 pm Card Bingo 4:30 pm Ceramics	10 9 am Silver Sneakers 10 am Ceramics 10:15 am Musical Bingo 12:30 pm Adult Coloring 1 pm Computer Tutoring	11 9:30 am Arthritis Exercise 10 am Mary Kay self facials for Mother's Day (please sign up in advance) 10 am Bridge 12:15 pm Bingo
14 9 am Silver Sneakers 9:15 am Yoga 10 am Blood Pressure check ups with Fairway Oaks 12:15 pm Bunco & Tea 2 pm Word Games	15 9:30 am Tai Chi 9:30 am Arthritis Exercise 10 am Yoga 12:15 pm Bingo	16 9 am Yoga 9:30 am Line Dancing 10:30 am Smovey Fitness 10:30 am Ceramics 1 pm Card Bingo 4:30 pm Ceramics	17 9 am Silver Sneakers 10 am Ceramics 10:15 am Musical Bingo 12:30 pm Adult Coloring 1 pm Computer Tutoring	18 9:30 am Arthritis Exercise 10 am Bridge 12:15 pm Bingo
21 9 am Silver Sneakers 9:15 am Yoga 10:30 am Medicare Seminar 12:15 pm Bunco & Tea 2 pm Word Games	22 9:30 am Tai Chi 9:30 am Arthritis Exercise 10 am Yoga 12:15 pm Bingo	23 9 am Yoga 9:30 am Line Dancing 10:30 am Ceramics 1 pm Card Bingo 4:30 pm Ceramics	24 9 am Silver Sneakers 10 am Ceramics 10:15 am Musical Bingo 12:30 pm Adult Coloring 1 pm Computer Tutoring	25 9:30 am Arthritis Exercise 10 am Bridge 12:30 pm Bingo and Ice Cream sponsored by United Healthcare
28 CLOSED FOR MEMORIAL DAY	29 9:30 am Tai Chi 9:30 am Arthritis Exercise 10 am Yoga 11 am Humana Cupcakes 12:15 pm Bingo	30 9 am Yoga 9:30 am Line Dancing 10:30 am Ceramics 1 pm Card Bingo 4:30 pm Ceramics	31 9 am Silver Sneakers 10 am Ceramics 10:15 am Musical Bingo 12:30 pm Adult Coloring 1 pm Computer Tutoring	
	Note: Events listed in bold are not part of regular programming.	<p>Senior coffee for May is sponsored by:</p>		