

**ACTIVITIES FOR MAY**

**May 2ND**

Chair Exercises @ 10am

**MAY 5TH**

Chair Exercises @ 10am

Crafts @ 6pm

**MAY 7TH**

Walk & Talk @ 10am

Bingo @ 6pm

**MAY 9TH**

Chair Exercises @ 10am

**MAY 12TH**

Chair Exercises @ 10am

Cooking @ 6pm

**MAY 14TH**

Walk & Talk @ 10am

Basic First Aid Class @ 6pm

**MAY 16TH**

Chair Exercises @ 10am

**MAY 19TH**

Chair Exercises @ 10am

**MAY 21ST**

Walk & Talk @ 10am

**MAY 23RD**

Chair Exercises @ 10am

**MAY 28TH**

Walk & Talk @ 10am

**MAY 30TH**

Chair Exercises @ 10am

*You can follow our health & wellness director on Facebook: La Harpe Health & Wellness. Kathy will share weekly brain teasers, hygiene facts and healthy quick meals. Don’t have access to Facebook, please let us know and we will find a way to get you the information.*