




May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
POOL AND EXERCISE ROOMS ARE OPEN (SEE COMMENT 1 BELOW)	1 • EXERCISE CLASS 10 AM (2) • BINGO 1:30PM	2 • EXERCISE FOR BALANCE 9 AM	3 • DOMINO'S 1 PM	4 • YOGA 10 AM • CHAIR YOGA 11:15 AM • MAHJONG 1:30 PM • CORN TOSS 3:30PM	5 • CARDS 6:30PM • CHAIR VOLLEYBALL 10 AM • CINCO DE MAYO CELEBRATION & HORSE RACING EVENT. 5:30PM	6 • DOMINOS 1 PM
7 • CRAFTS 1 TO 3 PM	8 • EXERCISE CLASS 10 AM (2)	9 • EXERCISE FOR BALANCE 9 AM • MEET THE BOARD 10 TO 11AM • PINOCHLE 1 PM (3)	10 • MEN'S BREAKFAST AT GEORGETOWN FAMILY REST 8 AM • DOMINO'S 1 PM	11 • YOGA 10 AM • CHAIR YOGA 11:15 AM • MAHJONG 1:30 PM • CORN TOSS 3:30PM	12 • CHAIR VOLLEYBALL 10 AM • CARDS 6:30PM	13 • DOMINOS 1 PM
14 • CRAFTS 1 TO 3 PM 	15 • NO EXERCISE CLASS • BINGO 1:30PM	16 • EXERCISE FOR BALANCE 9 AM • PINOCHLE 1 PM (3) • INFORMATION SESSION: WHAT CAN YOU DO IN SUSSEX COUNTY? 3:30-5 PM	17 • DELMARVA DECORATIVE PAINTER 10 AM TO 3 PM (4) • DOMINO'S 1 PM	18 • YOGA 10 AM • CHAIR YOGA 11:15 AM • MAHJONG 1:30 PM • CORN TOSS 3:30PM	19 • CHAIR VOLLEYBALL 10 AM • CARDS 6:30PM	20 • DOMINOS 1 PM • YARD SALE & BAKE SALE. 7:00AM-12:00PM
21 • CRAFTS 1 TO 3 PM	22 • EXERCISE CLASS 10 AM (2)	23 • EXERCISE FOR BALANCE 9 AM • ADHOC BOARD MEETING 9 AM • PINOCHLE 1 PM (3)	24 • MEN'S BREAKFAST AT GEORGETOWN FAMILY REST 8 AM • DOMINO'S 1 PM • GOSPEL MUSIC WITH DAVE MORGAN 6:30-9 PM	25 • YOGA 10 AM • CHAIR YOGA 11:15 AM • MAHJONG 1:30 PM • CORN TOSS 3:30PM	26 • CHAIR VOLLEYBALL 10 AM • CARDS 6:30PM	27 • DOMINOS 1 PM
28 • CRAFTS 1 TO 3 PM	29 • EXERCISE CLASS 10 AM (2) 	30 • EXERCISE FOR BALANCE 9 AM • PINOCHLE 1 PM (3)	31 • DOMINO'S 1 PM	 BATTERY RECYCLING – A REMINDER THAT RECYCLE CANS ARE LOCATED IN MAIL HUTS STARTING THE LAST DAY OF THE MONTH AND THE FIRST 7 DAYS OF EACH MONTH (APRIL 30 THROUGH MAY 7).		

(1) POOL AND EXERCISE ROOMS OPEN FROM 6 AM THROUGH 10 PM:

- POOL ROOM:
 - ON MONDAY, WEDNESDAY & FRIDAY - WATER AEROBICS INTERVALS AT 8 AM, WATER AEROBICS WET & WILD AT 9 AM, AND OPEN POOL FROM 6 AM TO 8 AM AND 10 AM TO 10 PM
 - ON TUESDAY & THURSDAY - WATER EXERCISE AT 8 AM, , WATER AEROBICS STRENGTH & BALANCE AT 9 AM, AND OPEN POOL FROM 6 AM TO 8 AM AND 10 AM TO 10 PM

(2) EXERCISE CLASS IN THE COMMUNITY ROOM (MAIN ROOM) ON MONDAYS AT 10 A.M WITH NANCY GRAHAM

(3) PINOCHLE– THERE ARE LIMITED SEATING, IF YOU LIKE TO PLAY, PLEASE CONTACT ANDRA WEBER 302-253-0602 AND/OR JEAN GALL 804-833-2999

(4) DELMARVA DECORATIVE PAINTERS (DDP) 10 AM TO 3 PM @ COMMUNITY CENTER. (FOR ADDITIONAL INFORMATION, CALL SHARON PITCHER)