



MAY ACTIVITY CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 1 tai chi 9AM pinochle 9AM genealogy 10AM clog 10AM line dance 1 PM chess lessons 1PM | 2 bridge lessons 10:30 bingo 10AM bridge 12PM exercise class 1-2 | 3 tai chi 9AM healing arts/crafts 10AM Bible history 11AM line dance 1PM | 4 bingo 10AM bridge 12PM puzzles and board games all day exercise class 1-2 | 5 bingo 10AM pinochle all day cards & board games all day Cinco de Mayo |
| 8 tai chi 9AM pinochle 9AM genealogy 10AM clog 10AM line dance 1 PM chess lessons 1PM | 9 bridge lessons 10:30 bingo 10AM bridge 12PM exercise class 1-2 | 10 tai chi 9AM healing arts/crafts 10AM hand & foot 12:30 line dance 1PM | 11 PRESENTATION Community Hospice Myths & Facts 9:30 bingo 20AM bridge 12PM exercise class 1-2 | 12 blood pressure check 9:30 bingo 10AM pinochle all day COMEDY HOUR karaoke 1-4 |
| 15 tai chi 9AM pinochle 9AM genealogy 10AM clog 10AM line dance 1 PM chess lessons 1PM | 16 bridge lessons 10:30 bingo 10AM bridge 12PM | 17 tai chi 9AM healing arts/crafts 10AM hand & foot 12:30 line dance 1PM | 18 bingo 10-12 bridge 12PM UNO card game all day | 19 bingo 10AM pinochle all day cards & board games all day |
| 22 tai chi 9AM pinochle 9AM genealogy 10AM clog 10AM line dance 1 PM chess lessons 1PM | 23 bridge lessons 10:30 bingo 10AM bridge 12PM | 24 tai chi 9AM healing arts 10AM bible history 11AM line dance 1PM | 25 bingo 10AM bridge 12PM puzzles and board games all day | 26 bingo 10AM pinochle all day board games and puzzles all day |
| 29 CLOSED FOR MEMORIAL DAY | 30 National Smile Day Presentation w/Kim 9:30 -dental hygiene bingo 10AM bridge 12PM | 31 tai chi 9AM healing arts 10AM bible history 11AM line dance 1PM | | |

Activity Descriptions

RECREATIONAL

Bingo

3 days to try your luck at bingo. Great prizes for your winning number.

Bridge

fun and challenging game of cards optimum for social and memory skills

Karaoke

Belt out the lyrics of your favorite songs in happy hour karaoke

Armchair Travel

Travel without the hassle, just sit back and relax as Jennifer takes you on adventures to distant lands

Arts and Crafts/Healing Arts

Ms. Emma Jones guides you through craft and art projects easy and fun to make. You get to say, "I did that"

Pinochle/Hand & Foot

A trick playing, melding ace-ten card game. A version of Canasta. New

Genealogy

Trace your family background and explore your roots with Bill Fonferek

EDUCATIONAL

Chess lessons

Learn from Tony the ins and outs to this intellectual game

Bible History

Instructed by Pam Livingston, travel the pages of the Bible learning about the contents.

HEALTH SUPPORT

Line Dancing

Instructed by Larry Bass, this dance style has a group for beginners and another for advanced participants

Clog

Tap to the rhythm of great music with instructions from Debbie Claxton..

Tai Chi

A slow moving, stretch based exercise good for body and mind.

Chair Yoga

Join Annie from the University of Florida Extension Program as she leads you through a seated stretching program.



EMMA JONES, JOHN MAYNARD AND SUSIE PAGE

Special Events

Arthritis Foundation Exercise Program continues thru 5-11.

Can do a drop in if not signed up, if room permits. Call 269-4731 to check on cancellations and availability.

New this month: Bridge lessons every Tuesday at 10:30

Holidays this Month

Memorial Day May 29
Mother's Day May 14th
Cinco de Mayo May 5th

Site Management

CARA HAMILL

Senior Center Supervisor
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PEGGY RESNER

Senior Center Supervisor Assistant
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MAY LUNCH MENU

Contact Us

Questions, Comments, Concerns?

Please reach out!

414 Stowe Avenue
Orange Park, FL.
32073
(904) 269 - 4731

Hours of Operations

Monday - Friday

8:00 AM till 4:30 PM

Saturday - Sunday

Office Closed

<http://agingtrue.org/clay-county/>

<http://facebook.com/agingtrue>

Mission Statement

Aging True Community Senior Services provides essential and innovative services and care for individuals, families and communities throughout Northeast Florida to prepare for and support graceful aging.

Disclaimer

Meals are served from 12:00 to 12:30 PM, Monday - Friday and **require** a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up.

Meals must be consumed on site and **may contain or have been exposed to** allergens such as: Dairy, Gluten, Soy, and Shellfish.

Facts of the Month

MAY is associated with spring, growth and renewal. The weather is warming up, flowers are blooming and people are enjoying more outdoor activities.

MAY is also known for being one of the most deadly for tornadoes.

Other Locations

Green Cove Springs

604 Walnut Street
Green Cove Springs, FL. 32043
(904) 284 - 3134

Keystone Heights

125 N.E. Commercial Circle
Keystone Heights, FL. 32656
(352) 473 - 7121

Middleburg

3916 Section Street
Orange Park, FL. 32068
(904) 291 - 3520

Other Services

On top of offering recreational, health beneficial, and educational activities at our 4 congregate meal sites across Clay County, Aging True also offers:

- Meals on Wheels
- Case Management
- Long Term Care
- In-home Services
- Mental Wellness
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 Salisbury Steak/Gravy Delmonico Potatoes Summer Veggies Roll Fruit Cup Milk | 2 Lemon Pepper Chicken Rice Pilaf Broccoli Bread Fruit Cup OJ | 3 Beef Cabbage Casserole Lima Beans Sliced Carrots Bread Fruit Milk | 4 Chicken Tetrzinni Corn Green Beans Roll Fruit OJ | 5 Turkey Ham Mac & Cheese Black-eyed Peas Country Veggies Roll Milk |
| 8 Cheesy Meat Casserole Green Beans Glazed Carrots Roll Fruit Cup Milk | 9 BBQ Rib Patty Whipped Potatoes Garden Veggies Roll Fruit Cup OJ | 10 Creole Meatballs Parslied Rice Green Peas Bread Fruit Milk | 11 Chicken Rice Casserole Corn Brussel Sprouts Roll Fruit OJ | 12 Hamburger Patty Baked Navy Beans Lettuce/Tomato Hamburger Bun Mixed Fruit Crisp Milk Mustard/Ketchup |
| 15 Meatloaf/Tomato Gravy Garlic Whipped Potatoes Herbed Green Beans Roll Fruit Cup Milk | 16 Smothered Chicken Mixed Beans Parslied Carrots Roll Fruit Cup OJ | 17 Savory Beef Casserole Green Peas California Veggies Bread Fruit Milk | 18 Tuna Mac & Cheese Corn Mustard Greens Roll Fruit OJ | 19 Smothered Meatballs Rotini Noodles Tuscany Veggies Roll Fruit Milk |
| 22 Italian Mac Baby Lima Beans Dilled Carrots Roll Fruit Cup Milk | 23 Pork Sausage Kidney Beans Collard Greens Hot Dog Bun Fruit Cup OJ Mustard | 24 Swiss Steak Parslied Whipped Potatoes Spring Veggies Bread Fruit Milk | 25 Chicken Noodle Casserole French Green Beans Corn Bread Fruit OJ | 26 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato Shredded Cheese Flour Tortilla Fruit Milk Taco Sauce |
| 29 CLOSED FOR MEMORIAL DAY | 30 Lemon Pepper Chicken Rice Pilaf Broccoli Bread Fruit Cup OJ | 31 Beef Cabbage Casserole Lima Beans Sliced Carrots Bread Fruit Milk | | |