

May
11TH

WRITERS GROUP

EVEN IF YOU DON'T THINK OF YOURSELF AS A WRITER; THIS WEBSITE BELOW HAS WRITING PROMPTS THAT WILL HELP YOU CELEBRATE YOUR MOTHER WITH AN WORDS:

MOTHER'S DAY WRITING PROMPTS

May
13TH

FRUIT COCKTAIL DAY
EATING FRESH FRUIT MAY LOWER YOUR RISK FOR HEART ATTACKS & STROKES

WORKOUT - DURING COMMERCIAL BREAKS GET UP AND DO SQUATS

May
12TH

CHESSE
PLAY CHESSE ONLINE

NATIONAL LIMERICK DAY
LEARN MORE THAN YOU EVER WANTED TO KNOW ABOUT LIMERICKS

WORKOUT - WALL SIT WHILE YOU READ

May
14TH

NATIONAL DANCE LIKE A CHICKEN DAY
JOIN LAWERENCE WELK & DO THE CHICKEN DANCE TODAY!
CHICKEN DANCE PARTY

GRIEF SUPPORT GROUP
THIS WEBSITE THAT HELPS ANYONE WHO IS GRIEVING OR KNOWS SOMEONE WHO IS
THERE IS A SACREDNESS IN TEARS

MAY 11 - 15

Jackson County Senior Center

May
15TH

WALK WITH DR. LORI CARNSEW WHILE SHE TALKS ABOUT THE MANY WAYS TO RELIEVE STRESS:

WALK WITH A DOC

WEAR PURPLE FOR PEACE



SATURDAY
MAY 16TH

PEACE

May 16th Wear Purple for Peace Day