25TH

MEMORIAL DAY THE 1ST MEMORIAL DAY CEREMONY

26TH

28TH

ARTHRITIS AWARENESS MONTH LEARN MORE AT: ARTHRITIS.ORG

TODAY IS NATIONAL BLUEBERRY CHEESECAKE DAY

BLUEBERRY CHEESE CAKE

CLICK ON LINK FOR RECIPE:

8 THINGS YOU MAY NOT KNOW ABOUT MEMORIAL DAY

ALL AMERICANS ARE ENCOURAGED TO PAUSE FOR A NATIONAL MOMENT OF REMEMBRANCE AT 3 P.M. LOCAL TIME.

SING ALONG WITH OUR GOLDENAIRE VOLUNTEER MARTHA VINSON: "MEMORY"

JOIN SENIOR YOGA LIVE AT 2 PM CLICK LINK: CHAIR YOGA

TAI CHI HAS BEEN PROVEN TO HELP SENIORS IN MANY WAYS. READ THE BENEFITS HERE: TAI CHI BENEFITS FOR SENIORS

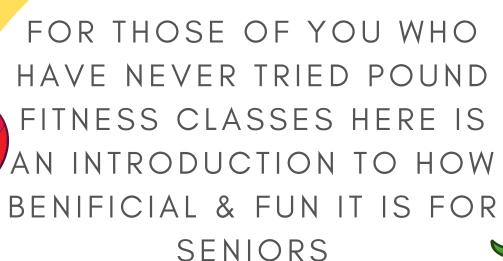
THEN WATCH THIS INSTRUCTIONAL VIDEO: TAI CHI FOR BEGINNERS

WORKOUT - CAT/COW HOLD EACH POSE FOR ONE INHALE AND ONE EXHALE SWITCH POSES DO 10 REPS OF EACH POSE

MAY 25 - 29

Jackson County Senior Center

May 29TH



**POUND FITNESS** 

POUND FITNESS CLASSES ARE REGULARLY HELD AT 1:30 ON FRIDAYS AT THE SENIOR CENTER

