

May
25TH

MEMORIAL DAY
THE 1ST MEMORIAL DAY
CEREMONY

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.

May
27TH

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

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

May
26TH

ARTHRITIS AWARENESS
MONTH LEARN MORE AT:
ARTHRITIS.ORG

TODAY IS NATIONAL
BLUEBERRY CHEESECAKE DAY
CLICK ON LINK FOR RECIPE:
BLUEBERRY CHEESE CAKE



May
28TH

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

FOR THOSE OF YOU WHO
HAVE NEVER TRIED POUND
FITNESS CLASSES HERE IS
AN INTRODUCTION TO HOW
BENEFICIAL & FUN IT IS FOR
SENIORS
POUND FITNESS

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

