May 2023

Bluffton Senior Center

60's & Better Program

"On the second Sunday of May, we honor those women who are our mothers. Whether we shower her with gifts, take her to a fancy dinner or make her a homemade card, what moms want most is to be surrounded by the love of their family." —*American National Day Calendar*

Tillotson Gadsden

Bluffton Senior Program Supervisor (Work Cell 843-929-7162)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **National Parfait Day + Bingo**	2 **Fresh Conversation + Laps in GYM**	3 **Senior Day (STATE FAIR)**	4 **Corn Hole Tournament + Cards Games**	5 **Happy Cinco De Mayo (Latino History)**	6
7	8 **Seated Zumba + Bingo**	9 **Women Health Week + Sprenger Health Care 11am**	10 **Bingo + Seated Yoga**	11 **Mother Day (Arts & Crafts)**	12 **Mother Day Celebration (Burton Wells)**	13
14	15 **Senior Bible Study + Bingo**	16 **Canvas Painting + Team Building Activity**	17 **Bingo + Goodwill Outing**	18 **Musical Day Movie + Popcorn**	19 **Savannah Botanical Garden (Flowers)**	20
21	22 **Crafts with Casey (HealthCare) + Bingo**	23 **Bluffton Self Help + World Trivia**	24 **Bingo +Pitty Pat Cards**	25 **Paint & Sip Sprenger Health Care 10am**	26 **Line Dancing Day + Senior Health & Fitness**	27
28	29 **Memorial Day (Center Closed)**	30 **(Pilates) Lauren Shape Up + Sequence**	31 **May Birthday Celebration + Bingo**			

**** Events are Subject to Change**

List :
Vanilla Yogurt – (2) plus (Fruit Topping)- Sams Club
Cross Word Puzzle Book -Sams Club