

# Gilbert-Summit Senior Center — Activity & Program Calendar • Spring 2026

Activity	When	Details
<b>Art &amp; Crafts</b>		
Terra Cotta Pots	April	Bunny Butt Terra Cotta Pots
Craft Stick Birdhouse	May	Build and decorate a birdhouse from craft sticks.
Lady Bug Garden Art	June	Garden-themed lady bug art project.
<b>Education &amp; Health</b>		
Nutrition w/ Joey Ruff	1st Thu, 11:00 a.m.	Topics promoting healthy lifestyle through good dietary practices.
Health Checks — Christy Taylor MSA	1st Thu, 9:00–10:00 a.m.	Blood pressure check.
Fysical Therapy	Quarterly • May 10:45–11:45	Balance, mobility, upper/lower body strength. Additional dates TBD.
<b>Fitness</b>		
Fitness Walking	Mon–Fri	Daily walking fitness activity.
G-S Gym	Mon/Wed/Thu 7:30–10:30 a.m.   Tue/Fri 7:30–11:00 a.m.	Open gym hours.
Video Fitness w/ Nancy Oswald	Monday, 9:30–10:15 a.m.	Chair exercises led by Nancy.
Geri-Fit w/ Tony Diaz	Wed 11:00–11:45 a.m. (Tony)   Most Fri 10:45–11:45 (video, check calendar)	Evidence-based strength training program for older adults. Certified coach.
<b>Daily Activities</b>		
Social Hour	Mon–Fri, 8:30–10:00 a.m.	Coffee, breakfast snacks, word puzzles, hidden pictures, and visiting with friends.
Positive Thoughts	Mon–Fri, 10:15–10:45 a.m.	Daily devotion led by center members.
Games	Mon–Fri, 9:30 a.m.–2:30 p.m.	Bingo, corn hole, shuffleboard, table tennis, chair volleyball, cards, billiards, axe throwing, ladder ball, board games & more.
Lunch	Mon–Fri, Noon	For ages 60+. Reservation required by 11:00 a.m. the prior day.
<b>Monthly &amp; Special Programs</b>		
Music w/ Ronnie Hoover	1st Tuesday, 11:00 a.m.	Songs and music by this talented musician and vocalist.
Library w/ Cam Bianco	Apr 21, May 19, Jun 23 — 10:45–11:45 a.m.	Games, reminiscing, gardening, and great adventures with Cam.
Mission Lexington (formerly LICS)	Usually 4th Thu, 9:45 a.m.	Call ahead — location/time may vary. Must qualify. Contact Center or Mission Lexington.
Birthday Celebrations	Monthly	Special treats and recognition for our birthday honorees.
<b>Trips &amp; Closings</b>		
Historic Camden, SC	April 17, 2026	Trip to learn about Colonial life and Camden's role in the Revolutionary War.
Center Closed — Good Friday	Friday, April 3	Center will be closed.
Center Closed — Memorial Day	Monday, May 25	Center will be closed.