

TRI-CITY SENIOR CENTER
485 BROOKS AVE.
WEST COLUMBIA, SC 29169
PH: (803) 939-9311

MAY 2026
NATIONAL ARTHRITIS MONTH
NATIONAL WALKING MONTH

DIRECTOR: STEPHANIE ROGAN
ASST. DIRECTOR: OPEN
NUTRITION COORD: ASHLEY NEWMAN
TRANSPORTATION: CALEB COOKE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>DAILY</u> 9AM COFFEE & BRAIN GAMES 12PM LUNCH 9AM-3PM TRACK	<u>BIRTHDAYS</u> MERLENE 5/15 WAYNE 5/29 FRANCIS 5/31		"May is the month of expectation, the month of wishes, the month of hope." — <i>Emily Brontë</i>	1 10AM SENIORCISE 11AM BINGO
4 TRIP TO THE LOURIE CENTER-HEARTS UNITED: A DAY OF CONNECTION	5 10AM NUTRITION ED WITH BERNICE: Fruits, Vegetables & Aerobic Activity 11AM GREGORY & TRENT W/CAMBRIDGE INVEST.	6 10AM GYF: CARDIO 11AM GAMES	7 CENTER CLOSED SC DEPT ON AGING SENIOR APPRECIATION DAY @ STATE FAIRGROUNDS	8 10AM SENIORCISE 11AM MOTHER'S DAY CELEBRATION
11 9:30AM GYF: CORE/BALANCE SHOPPING TRIP - WALMART	12 10AM GYF: FOUNDATION 11AM EDUCATION WITH MEDICINE MART	13 10AM GYF: 3 PILLARS OF WEIGHT LOSS & INFLAMMATION 10:30AM GAMES	14 10AM ARTS & CRAFT W/JAISHREE 11AM WHEEL OF FORTUNE W/LINDA	15 CENTER CLOSED Park & Play Day @ Gilbert Community Park
18 10AM GYF: FOUNDATION 11AM GAMES MISSION LEX	19 10AM GYF: CARDIO 10:30AM GAMES	20 9:30AM ROSE'S SENIOR DAY SHOPPING TRIP	21 10AM GYF: CORE/BALANCE 10:30AM GAMES	22 10AM SENIORCISE 11AM BINGO
25 CENTER CLOSED MEMORIAL DAY	26 10AM GYF: FOUNDATION 10:30AM POPCORN & BROADWAY PART 1	27 10AM GYF: WEIGHT LOSS/INFLAMMATION 10:30AM GAMES	28 10AM GYF: CARDIO 11AM POPCORN AND BROADWAY PART 2	29 10AM SENIORCISE 11AM BINGO **MAY BIRTHDAY CELEBRATION**

