

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FILIPINO LUNCH	CHINESE LUNCH	VIETNAMESE LUNCH	KOREAN LUNCH	HISPANIC LUNCH
9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM	9:00 AM – 3:00 PM
1 9:00 Social Time 12:00 Lunch	2 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	3 10:30 Exercise 12:00 Lunch 12:30 Karaoke	4 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	5 CINCO DE MAYO LUNCHEON
8 9:00 Social Time 10:45 BP Checks 11:00 Bingo 12:00 Lunch	9 9:00 Tai Chi 9:30 Music Group 10:00 Kungfu Fan Dancing 10:30 BP Checks 11:30 Singing 12:00 Lunch	10 10:45 Mother's Day + Birthday Celebration 12:00 Lunch 12:30 Karaoke	11 9:40 Karaoke 10:10 Exercise 10:30 Bingo 11:00 Mother's Day Celebration 12:00 Lunch	12 NO GROUP-CENTER CLOSED
15 9:00 Social Time 10:45 Zumba 11:15 Mother's Day Celebration 12:00 Lunch	16 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 10:30 Mother's Day Celebration 11:30 Singing 12:00 Lunch	17 10:30 Exercise 12:00 Lunch 12:30 Karaoke	18 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	19 9:00 Social Time 10:00 Bingo 11:00 Exercise 11:00 BP Checks 12:00 Lunch
22 9:00 Social Time 11:00 Exercise 11:30 Birthday Celebration 12:00 Lunch	23 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 10:30 Snohomish Fire Department Presentation 12:00 Lunch 12:30 Singing	24 10:30 Exercise 10:30 BP Checks 12:00 Lunch 12:30 Karaoke	25 9:40 Karaoke 10:10 Exercise 10:30 Bingo 11:00 TSOA and MSP Presentation 12:00 Lunch	26 NO GROUP-CENTER CLOSED
29 CENTER CLOSED – MEMORIAL DAY	30 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 10:30 Galaxy Presentation 11:30 Singing 12:00 Lunch	31 10:30 Exercise 11:00 TSOA and MSP Presentation 12:00 Lunch 12:30 Karaoke		



Homage Senior Services – Center for Healthy Living
5026 196th St SW Lynnwood, WA 98036 425-290-1268

