

















Elder Pep Day Club

2040 McRae Rd 23235 www.elderpep.com 804-840-6327



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We enjoy lunch from 12:00 - 12:45</p> 	<p>Art with Jen & Margy is from 2:30 - 4:00</p> 		<p>1</p>	<p>2</p> <p>10:00 Tea & Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 Chair Yoga with Liana 2:30 Art with Jen & Margy 4:00 Bon Air Farmers Market!</p>	<p>3</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 Friday Sundae Social 2:00 Brain Games 3:00 Mexican Train Dominoes</p>	<p>4 CLOSED</p> 
<p>5 CLOSED</p> 	<p>6</p>	<p>7</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Scrabble 1:00 Mother's Day Cards 2:00 Basic Computer Skills 3:00 Corn Hole</p>	<p>8</p>	<p>9</p> <p>10:00 Tea & Coffee Chat 10:30 Scrabble  11:00 Trivia 11:30 Corn Hole 1:30 Ageless Grace/ Alison 2:30 Art with Jen & Margy 4:00 Bon Air Farmers Market!</p>	<p>10</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Bananagrams  11:30 Chair Zumba 1:00 Mother's Day Cards 2:00 Crochet w/ Cindye 3:00 Mother's Day Tea Party</p>	<p>11 Bon Air Victorian Day Parade! 10am - 2:30pm</p> <p>Visit the St. Michael's table & enjoy a fun craft!</p>
<p>12 CLOSED</p> 	<p>13</p>	<p>14</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Kings in the Corner 1:00 Brain Games 2:00 Basic Computer Skills 3:00 Corn Hole</p>	<p>15</p>	<p>16</p> <p>10:00 Tea & Coffee Chat 10:30 Scrabble  11:00 Trivia 11:30 Corn Hole 1:30 Ageless Grace/ Alison 2:30 Art with Jen & Margy 4:00 Bon Air Farmers Market!</p>	<p>17</p> <p>10:00 Tea & Coffee Chat  10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 GrandPAWS Biscuit Bake 2:00 Brain Games 3:00 Mexican Train Dominoes</p>	<p>18 CLOSED</p> 
<p>19 CLOSED</p>  <p>Ageless Grace is active & fun chair exercise</p>	<p>20</p>	<p>21</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Scrabble 1:00 Brain Games 2:00 Basic Computer Skills 3:00 Corn Hole</p>	<p>22 Join us tomorrow at 4pm for our Open House!</p> <p><i>Everyone is welcome to come and experience the warmth & vitality of the Day Club. Forge new friendships & meaningful connections! Snacks provided.</i></p>	<p>23</p> <p>10:00 Tea & Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 Chair Yoga with Liana 2:30 Art with Jen & Margy 4:00 Elder Pep OPEN HOUSE!</p>	<p>24</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Bananagrams  11:30 Chair Zumba 1:00 Craft: Stencil Tote Bags 2:00 Crochet w/ Cindye 3:00 Mexican Train Dominoes</p>	<p>25 CLOSED</p> 
<p>26</p>  <p>Please understand that "life happens" and activities are subject to change</p>	<p>27</p>	<p>28</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News  11:00 Chair Zumba 11:30 Kings in the Corner 1:00 GrandPAWS Biscuit Bake 2:00 Basic Computer Skills 3:00 Corn Hole</p>	<p>29</p>	<p>30</p> <p>10:00 Tea & Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 Chair Yoga with Liana 2:30 Art with Jen & Margy 4:00 Bon Air Farmers Market!</p>	<p>31</p> <p>10:00 Tea & Coffee Chat 10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 Friday Sundae Social 2:00 Brain Games 3:00 Mexican Train Dominoes</p>	