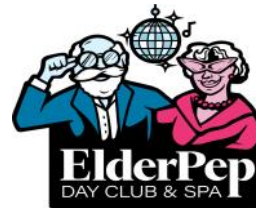



















# Elder Pep Day Club

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 &amp; Margy is from 2:30 - 4:00</p> 		1	<p>2</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 <b>Chair Yoga with Liana</b> 2:30 <b>Art with Jen &amp; Margy</b> 4:00 <b>Bon Air Farmers Market!</b></p>	<p>3</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 <b>Friday Sundae Social</b> 2:00 Brain Games 3:00 Mexican Train Dominoes</p> 	4 <b>CLOSED</b>
<p>5 <b>CLOSED</b></p> 	6	<p>7</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Scrabble 1:00 <b>Mother's Day Cards</b> 2:00 Basic Computer Skills 3:00 Corn Hole</p>	8	<p>9</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Scrabble  11:00 Trivia 11:30 Corn Hole 1:30 <b>Ageless Grace/ Alison</b> 2:30 <b>Art with Jen &amp; Margy</b> 4:00 <b>Elder Pep OPEN HOUSE!</b></p>	<p>10</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Bananagrams  11:30 Chair Zumba 1:00 <b>Mother's Day Cards</b> 2:00 <b>Crochet w/ Cindye</b> 3:00 <b>Mother's Day Tea Party</b></p> 	11 <b>CLOSED</b>
<p>12 <b>CLOSED</b></p> 	13	<p>14</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Kings in the Corner 1:00 <b>Brain Games</b> 2:00 Basic Computer Skills 3:00 Corn Hole</p>	15	<p>16</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Scrabble  11:00 Trivia 11:30 Corn Hole 1:30 <b>Ageless Grace/ Alison</b> 2:30 <b>Art with Jen &amp; Margy</b> 4:00 <b>Bon Air Farmers Market!</b></p>	<p>17</p> <p>10:00 Tea &amp; Coffee Chat  10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 <b>GrandPAWS Biscuit Bake</b> 2:00 Brain Games 3:00 Mexican Train Dominoes</p> 	18 <b>CLOSED</b>
<p>19 <b>CLOSED</b></p>  <p>Ageless Grace is active &amp; fun chair exercise</p>	20	<p>21</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Chair Zumba 11:30 Scrabble 1:00 <b>Brain Games</b> 2:00 Basic Computer Skills 3:00 Corn Hole</p>	22	<p>23</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 <b>Chair Yoga with Liana</b> 2:30 <b>Art with Jen &amp; Margy</b> 4:00 <b>Bon Air Farmers Market!</b></p>	<p>24</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Bananagrams  11:30 Chair Zumba 1:00 <b>Craft: Lemon Sugar Scrub</b> 2:00 <b>Crochet w/ Cindye</b> 3:00 Mexican Train Dominoes</p> 	25 <b>CLOSED</b>
<p>26</p>  <p>Please understand that "life happens" and activities are subject to change</p>	27	<p>28</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News  11:00 Chair Zumba 11:30 Kings in the Corner 1:00 <b>GrandPAWS Biscuit Bake</b> 2:00 Basic Computer Skills 3:00 Corn Hole</p>	29	<p>30</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Scrabble 11:00 Trivia 11:30 Corn Hole 1:30 <b>Chair Yoga with Liana</b> 2:30 <b>Art with Jen &amp; Margy</b> 4:00 <b>Bon Air Farmers Market!</b></p>	<p>31</p> <p>10:00 Tea &amp; Coffee Chat 10:30 Today in the News 11:00 Meditative Coloring 11:30 Chair Zumba 1:00 <b>Friday Sundae Social</b> 2:00 Brain Games 3:00 Mexican Train Dominoes</p> 