






Meals on Wheels delivers to those who Can't joins us at the center  
Call 388-4711 for more in information

## Belgrade Senior Center MAY 2018 Activities

92 Cameron Ave  
Belgrade, MT 59714  
388-4711

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9 AM YOGA 10 AM FULL BODY 12:30 PM HAND & FOOT	<b>2</b> 9 AM MOVEMENT IN MOTION 9 AM NEEDLEAIRES FOOD PANTRY 1 PM MOVIE	<b>3</b> 8:30 AM PINOCHLE 12:45 PM BINGO BLOOD PRESSURE CHECK	<b>4</b> 8 AM YOGA 9AM MOVEMENT IN MOTION 12:30 PM PINOCHLE	
6	<b>7</b> 9AM MOVEMENT IN MOTION 10 AM CRIBBAGE 12:45 PM BINGO	<b>8</b> 9 AM YOGA 10 AM FULL BODY <b>RED ROCKERS @ FUDRUCKERS</b> 12:30 PM HAND & FOOT	<b>9</b> 9 AM MOVEMENT IN MOTION 9 AM NEEDLEAIRES FOOD PANTRY 1 PM MOVIE	<b>10</b> 8:30 AM PINOCHLE 12:45 PM BINGO May 10 <sup>th</sup> at 4:30 pm @ Movie Lovers Theater	<b>11</b> 8 AM YOGA 9AM MOVEMENT IN MOTION <b>4-8 PM GAME NIGHT &amp; POT LUCK</b>	12
	<b>14</b> 9AM MOVEMENT IN MOTION 10 AM CRIBBAGE 12:45 PM BINGO	<b>15</b> 9 AM YOGA 10 AM FULL BODY 12:30 PM HAND & FOOT	<b>16 HAPPY BIRTHDAY</b> 9 AM MOVEMENT IN MOTION 9 AM NEEDLEAIRES FOOD PANTRY 1 PM MOVIE	<b>17</b> 8:30 AM PINOCHLE 12:45 PM BINGO BLOOD PRESSURE CHECK <b>6 PM VOLUNTEER APPRICIATION DINNER</b>	<b>18</b> 8 AM YOGA 9AM MOVEMENT IN MOTION 12:30 PM PINOCHLE	
20	<b>21</b> 9AM MOVEMENT IN MOTION 10 AM CRIBBAGE <b>1 PM BOARD MEETING</b>	<b>22</b> 9 AM YOGA 10 AM FULL BODY 12:30 PM HAND & FOOT	<b>23</b> 9 AM MOVEMENT IN MOTION 9 AM NEEDLEAIRES 1 PM MOVIE	<b>24</b> 8:30 AM PINOCHLE 12:45 PM BINGO	<b>25</b> 8 AM YOGA 9AM MOVEMENT IN MOTION 12:30 PM PINOCHLE	26
	<b>28</b>	<b>29</b> 9 AM YOGA 10 AM FULL BODY 12:30 PM HAND & FOOT	<b>30</b> 9 AM MOVEMENT IN MOTION 9 AM NEEDLEAIRES 1 PM MOVIE	<b>31</b> 8:30 AM PINOCHLE 12:45 PM BINGO BLOOD PRESSURE CHECK		