

May 2023

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:15am Seniorcise</p> <p>11:00am May Day Bingo</p>	<p>2</p> <p>10am - 11am Donuts from Rose & Quesenberry Free Coffee From RCCOA</p>	<p>3</p> <p>10:15am Seniorcise</p> <p>11:00am Bible Study w/ Pastor Eunice Jones</p>	<p>4</p> <p>11:00am Son's of the American Revolution Presents Patriotic Award to RCCOA</p>	<p>5</p> <p>10:30am To 11:30am Cinco de Mayo Bingo Celebration</p>
<p>8</p> <p>10:15am Tai Chi</p> <p>11:00am Mock Mint Julep Bingo</p>	<p>9</p> <p>10:15am Seniorcise</p> <p>11:00am Foodies Day Tasting</p>	<p>10</p> <p>10:15am Seniorcise</p> <p>11:00am Bible Study With Dr. Charles Bright</p>	<p>11</p> <p>10am-12pm Mother's Day Manicures From Beckley Cosmetology Program</p>	<p>12</p> <p>10:30am To 11am Mother's Day Tea</p>
<p>15</p> <p>10:15am Seniorcise</p> <p>11:00am Gardening Bingo</p>	<p>16</p> <p>10am - 11am Coffee Creations</p> <p>11:00am Relaxation Therapy</p>	<p>17</p> <p>10:15am Seniorcise</p> <p>11:00am Bible Study w/ Haven Davis</p>	<p>18</p> <p>11:00am ARH Presents Courtney Jackson, Stroke Coordinator "Signs &" Symptoms BP</p>	<p>19</p> <p>10:15am Tai Chi</p> <p>11:00am Bingo Bingo</p>
<p>22</p> <p>10:15am Seniorcise</p> <p>11:00am Outdoor Fun Bingo</p>	<p>23</p> <p>10a-12pm Birthday Party Celebration With David Runion Cake By Best Ambulance</p>	<p>24</p> <p>10:15am Seniorcise</p> <p>11:00am Bible Study w/ Elder Terry Moore</p>	<p>25</p> <p>10am - 11am Diabetic Support Group With ARH</p> <p>11:00am Men's Meeting</p>	<p>26</p> <p>10:15am Tai Chi</p> <p>11:00am Aging Unbound Senior Center Judging</p>
<p>29</p> <p>CLOSED For Memorial Day</p>	<p>30</p> <p>10:30am Retirement Reception For Terri</p>	<p>31</p> <p>10:15am Seniorcise</p> <p>11:00am Bible Study w/ Pastor Dwight Bright</p>	<p>Tuesday and Thursdays 10am - 11am Exercise Class 12pm - 1pm LINE Dancing 5pm - 6pm YOGA Class</p>	<p>Thursdays</p> <p>10am - 11am American History Class With Dave Wynne</p>