

MAY 2026 FORSYTH SENIOR CENTER ACTIVITIES

Happy Mother's Day- May 10th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL ACTIVITIES SUBJECT TO CHANGE				1 S.A.I.L 9-10 AM INSIDE BOWLING 12:30-2 PM
4 S.A.I.L 9-10 AM	5 Chair Exercises 9-9:30 AM SCRABBLE- 12:20-2	6 ARTHRITIS CLASS 8:30-9:30 AM YOGA W/DEB 9:30-10 AM	7 Chair Exercises 9-9:30 AM BINGO 12:30-2 PM	8 S.A.I.L 9-10 AM Mother's Day Together/Lunch Get
11 S.A.I.L 9-10 AM	12 Birthday Day! Chair Exercises 9-9:30 AM DEBBIE WEYER HERE FOR MEDICARE APPTS. JEOPARDY- 12:30 -2 PM	13 ARTHRITIS CLASS 8:30-9:30 AM YOGA W/DEB 9:30-10 AM	14 Chair Exercises 9-9:30 AM BINGO 12:30-2 PM	15 S.A.I.L 9-10 AM
18 S.A.I.L 9-10 AM	19 Foot Clinic-8AM-12PM NO EXERCISES TODAY! CRAFTS WITH HEAVEN 12:30-2PM	20 ARTHRITIS CLASS 8:30-9:30 AM YOGA W/DEB 9:30-10 AM WHEEL OF FORTUNE-12:30-2 PM	21 Chair Exercises 9-9:30 AM BINGO 12:30-2 PM	22 S.A.I.L 9-10 AM
25 CENTER IS CLOSED MEMORIAL DAY	26 Chair Exercises 9-9:30 AM INSIDE BOWLING 12:30-2 PM	27 ARTHRITIS CLASS 8:30-9:30 AM YOGA W/DEB 9:30-10 AM	28 Chair Exercises 9-9:30 AM BINGO 12:30-2 PM	29 S.A.I.L 9-10 AM

MOST IMPORTANT

CALL TO MAKE FOOT CLINIC APPT.

CALL TO MAKE MEDICARE APPOINTMENT WITH DEBBIE

Welcome seniors and friends of the community to the Forsyth Senior Center—a place where connection, laughter, and support come together. Whether you're here to visit with neighbors, enjoy a meal, or take part in activities, we're glad you're here. Our doors are open to everyone, and we hope you feel right at home the moment you walk in.

**FORSYTH SENIOR CENTER
406-346-2878**