

Columbia County Senior Services, Inc
628 SE Allison Court, Lake City, FL 32025
386-755-0235 ext. 101
MAY ACTIVITIES



Gym Hours are MWF 8-12 noon & T TH 8-1:00p.

(All activities are subject to change without notice)

Monday

Gym
8:00a – 12:00p
Chair Stretch
9:00a – 9:30a
Bingo
10:00a – 11:00a
Drama Club
12:30p – 1:30p
Yoga
1:30p – 2:30p

Tuesday

Gym
8:00a -1:00p
Balance Class
9:00a – 9:30a
Crafts
9:30a – 11:00a
Crocheting
10:00a – 11:00a
&
1:00p -2:30p
Bridge
12:30p – 4:00p
Line Dance
1:30p – 2:30p

Wednesday

Gym
8:00a - 12:00p
Beginning Aerobics
9:00a – 9:30a
Diamond Dots
10:00a – 11:30a
Quilting
10:00a -11:00a
&
1:00p – 2:30p
PEARLS 5/8 & 5/22
10:00a-1:00p
Stretch Band
12:30p -1:00p
Painting
12:30p – 2:00p

Thursday

Gym
8:00a – 1:00p
Chair Stretch
9:00a – 9:30a
Jewelry Class (Starts 5/2-5/30 Ends)
10:00a – 11:30a
Games
12:30p – 4:00p
Book Club
(4th Thursday)
1:00p – 2:30p
Advanced Exercise
2:00p – 2:45p
Caregiver Support Group
(4th Thursday)
1:00p – 2:30p

Friday

Gym
8:00a – 12:00p
Chair Stretch
9:00a – 9:30a
Step on it with Jessica
9:30a – 10:00a
Bridge (Training)
10:00a – 11:30a
Plastic Canvas
10:00a – 11:30a
Bridge
12:30p – 4:00p
Line Dance
(Call before coming subject to change)
1:30p – 2:30p