

# MAY 2025



MY GOALS







Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Healthy Me</b> – Write a goal for staying active, eating better, or feeling good.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Learn Something New</b> – Write a goal for trying a new hobby, reading, or learning.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Stay Connected</b> – Write a goal for making friends, helping others, or joining activities.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>1 GCCC KENTUCKY DERBY!!</b>            9:00 Sip &amp; Solve            9:30 Golden Beats!  <b>10:30 Corn hole Tournament!!</b>  <i>~Pick your teams!</i>            10:30-11:30 Basic Step Line Dancing  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing  <b>12:00 GCCC KENTUCKY DERBY!!</b></p>	<p><b>2 Fitness Marathon!</b></p> <p><input type="checkbox"/> <b>8:30-9:00 Golden Beats!</b>            9:00 Sip &amp; Solve  <input type="checkbox"/> <b>9:15-10:15 CBS with Jean</b>  <input type="checkbox"/> <b>10:30-11:30 Qigong</b>  <b>11:30-12:00 Lunch Break</b>            12:00-1:30 Penny BINGO  <input type="checkbox"/> <b>12:00-1:00 Basic Step Line Dancing</b></p> <p>✓ <i>Join in on our Fitness Marathon Challenge by checking off classes you participate in! 2 or more classes puts you in a raffle to win a prize basket!</i></p>	
<p><b>5</b>            9:00 Sip &amp; Solve            9:00-10:00 Strength Training with Amanda            10:00 Blood Pressure Checks w/ Cindy  <b>10:00 5 De Mayo Fiesta!</b>  <b>11:30-12:00 Lunch Break</b>            12-1:30 Penny BINGO</p>	<p><b>6</b>            9:00 Sip &amp; Solve            9:30-10:00 Golden Beats!  <b>10:30 Candy LCR</b>            10:30 Line Dancing VIDEO  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing VIDEO  <b>12:00 Cornhole Tournament Practice!</b></p>	<p><b>7</b>            9:00 Sip &amp; Solve            9:30 Independent Art  <b>10:00 Kitchen Academy</b>  <i>~5 Layer Mexican Dip</i>            10:30 Dominoes  <b>11:30-12:00 Lunch Break</b>            12:00 Qigong</p>	<p><b>8</b>            9:00 Sip &amp; Solve            9:30 Golden Beats!  <b>10:30 Cognitive Games &amp; Spring Safety Tips with Ginnie Kite!</b>            10:30 Line Dancing VIDEO  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing VIDEO  <b>12:00 Cornhole Tournament!!</b></p>	<p><b>9</b>            9:00 Sip &amp; Solve            10:00 Arts &amp; Crafts  <i>~Diamond Dot Creations</i>  <b>10:00 Mother's Day High Tea!!</b>  <i>(pre-registration is required)</i>            10:30 Dominoes  <b>11:30-12:00 Lunch Break</b>            12:00-1:30 Penny BINGO</p>	
<p><b>12</b>            9:00 Sip &amp; Solve            9:00-10:00 CBS with Jean            10:00 Blood Pressure Checks w/ Cindy  <b>10:30 Health &amp; Wellness</b>  <i>~The Science of Happiness</i>  <b>11:30-12:00 Lunch Break</b>            12-1:30 Penny BINGO</p>	<p><b>13</b>            9:00 Sip &amp; Solve            9:30 Golden Beats  <b>10:30 Dollar LCR</b>            10:30 TECH TUESDAY            10:30-11:30 Basic Step Line Dancing  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing            12:00 Name That Tune Game!</p>	<p><b>14</b>            9:00 Sip &amp; Solve            9:15 Strength Training with Kasie            9:30 Independent Art            10:15 Bible Study  <b>10:00 Kitchen Academy</b>  <i>~Mexican Street Corn Salad</i>  <b>11:30-12:00 Lunch Break</b>            12:00 Qigong            12:00 Golden Angels</p>	<p><b>15</b>            9:00 Sip &amp; Solve            9:30 Golden Beats!  <b>10:30 "The Power of Connection" with Jill Kaylor</b>            10:30-11:30 Basic Step Line Dancing  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing            12:00 Wii Games</p>	<p><b>16 GCCC PREAKNESS!!</b>            9:00 Sip &amp; Solve            9:00-10:00 CBS with Jean  <b>10:00 Arts &amp; Crafts</b>  <i>~Painted Fairy Garden Pots FREE</i>  <b>10:30 GCCC PREAKNESS!!</b>  <b>11:30-12:00 Lunch Break</b>            12:00-1:30 Penny BINGO</p>	
<p><b>19</b>            9:00 Sip &amp; Solve            9:00-10:00 CBS with Jean            10:00 Blood Pressure Checks w/ Cindy  <b>10:30 Health &amp; Wellness</b>  <i>~Healthy Mocktails &amp; Hydration Hacks!</i>  <b>11:30-12:00 Lunch Break</b>            12-1:30 Quarter BINGO</p>	<p><b>20</b></p> <p><b>Closed for Elections</b></p>		<p><b>21</b>            9:00 Sip &amp; Solve            9:15 Strength Training with Kasie            9:30 Independent Art            9:30 Socrates Café  <b>10:30 Now You Have it Game</b>  <b>11:30-12:00 Lunch Break</b>            12:00 Qigong            12:15 <b>Armchair Travelers</b>  <i>~The Netherlands: Tulip Time!</i></p>	<p><b>22</b>            9:00 Sip &amp; Solve            9:30 Golden Beats!  <b>10:30 Floral Cupcake liners Craft with Jolynn Holtzman</b>            10:30 Line Dancing VIDEO  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing VIDEO            12:00 Wii Games</p>	<p><b>23</b>            9:00 Sip &amp; Solve            9:00-10:00 CBS with Jean            10:00 Arts &amp; Crafts  <i>~Diamond Dot Creations</i>            10:30-12:00 <b>Memorial Day BBQ!!</b>  <b>11:30-12:00 Lunch Break</b>            12:00-1:30 Penny BINGO</p>
<p><b>26</b></p> <p><b>Closed for Memorial Day</b></p>		<p><b>27</b>            9:00 Sip &amp; Solve            9:30 Golden Beats  <b>10:30 Quarter LCR</b>            10:30-11:30 Basic Step Line Dancing  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing            12:00 Ladder Golf Game!</p>	<p><b>28</b>            9:00 Sip &amp; Solve            9:15 Strength Training with Kasie            9:30 Independent Art            10:15 Bible Study  <b>11:30-12:00 Lunch Break</b>  <b>12:00 SPRING FIELD DAY!!</b>            12:00 Qigong            12:00 Golden Angels</p>	<p><b>29</b>            9:00 Sip &amp; Solve            9:30 Golden Beats!            10:30 Bocce Ball Game!            10:30-11:30 Basic Step Line Dancing  <b>11:30-12:00 Lunch Break</b>            12:00-1:00 Line Dancing            12:00 Wii Games</p>	<p><b>30</b>            9:00 Sip &amp; Solve            9:00-10:00 CBS with Jean  <b>10:00 Arts &amp; Crafts BYOB!</b>  <i>~Painted Wine Bottle Vases FREE</i>            10:30 Dominoes  <b>11:30-12:00 Lunch Break</b>            12:00-1:30 Penny BINGO</p>



# May



York County

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit	2 Stuffed Pepper w/ Tomato Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding
5 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	6 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	7 4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit	8 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz Chicken) 1c. Mixed Greens & Spinach 1/2c Broccoli Salad 1 Breadstick 1 Piece Cake	9 BBQ Pork Ribette 1/2c Diced Ranch Potatoes 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight
<b>Happy Mothers Day!</b> 12 Vegetable Lasagna 1/2c Italian Green Beans 1 Garlic Breadstick Ice Cream 1/2c Peaches	13 Shrimp Scampi (3oz Shrimp) 1/2c Creamy Pasta 1/2c Mixed Vegetables 1 Breadstick Fresh Fruit 	14 Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin 	15 3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Carrots Wheat Breat 1/2c Pineapple Delight	16 3oz Sliced Ham 1/2c Tri Color Sweet Potatoes 1/2c Peas 1 Dinner Roll 1 Cookie
19 BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Baked Beans 1 Dinner Roll Seasonal Fresh Fruit	20 <b>ELECTION DAY</b>  <b>CENTER CLOSED</b>	21 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	22 Pizza 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	23 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp
<b>Memorial Day</b> 26 	<b>Happy Memorial Day!</b> 27 Cheeseburger 1/2c Potato Salad 1/2c Beets 1 Hamburger Bun 1/2c Fresh Melon 	28 Baked Krabby Cake 1c Tomato Basil Soup 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin	29 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie *menu subject to change	30 Korean Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon 