










CITY OF GALLUP SENIOR PROGRAM

**MAY 2017 ACTIVITIES COME AND JOIN US FOR EDUCATION, EXERCISE AND FUN!! 607 N. 4TH STREET- GALLUP, NEW MEXICO 87301
(505) 722-4740 DAILY CENTER ACTIVITIES: 8-BALL, PUZZLES, TV, EXERCISE, AND LIBRARY.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen</p>	<p>2 Puzzles 8:30-? 10am Tai Chi 1p-2:15 Post Office/Bank 1pm Beading with Yvonne</p>	<p>3 Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Grocery store Line Dancing-1pm</p>	<p>4 Puzzles 8:30-? 10am Tai Chi 1pm BINGO/RAFFLE</p> <p align="center"></p>	<p>5 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway</p> <p align="center"></p>
<p>8 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen</p>	<p>9 Puzzles 8:30-? 10am Tai Chi 10:30– NSSC/FC Combined Senior Advisory Council Mtg 1p-2:15 Post Office/Bank 1pm Beading with Yvonne</p>	<p>10 Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Grocery store Line Dancing-1pm</p>	<p>11 Puzzles 8:30-? 10am Tai Chi 1pm BINGO/RAFFLE</p> <p align="center"></p>	<p>12 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway</p>
<p>15 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen</p>	<p>16 Puzzles 8:30-? 9 am Pool Tournament Hosted by Neighborhood Senior Center 10am Tai Chi 1p-2:15 Post Office/Bank 1pm Beading with Yvonne</p>	<p>17 Puzzles 8:30-? 11 am–Aerobics 10am-Cards with Ethel & Karen 1-2:15– Grocery store Line Dancing-1pm</p>	<p>18 Puzzles 8:30-? 10am Tai Chi 1pm BINGO/RAFFLE</p> <p align="center"></p>	<p>19 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway</p>
<p>22 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen</p>	<p>23 Puzzles 8:30-? 10am Tai Chi 1p-2:15 Post Office/Bank 1pm Beading with Yvonne</p>	<p>24 Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Grocery store Line Dancing-1pm</p>	<p>25 Puzzles 8:30-? 10am Tai Chi 1pm BINGO/RAFFLE</p> <p align="center"></p>	<p>26 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway</p>
<p>29 CLOSED</p> <p align="center"></p>	<p>30 Puzzles 8:30-? 10am Tai Chi 1p-2:15 Post Office/Bank 1pm Beading with Yvonne</p>	<p>31 Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Grocery store Line Dancing-1pm</p> <p align="center"></p>	<p><i>May Flower</i> <i>Lily of the Valley</i></p> <p align="center"></p>	<p><i>May Birthstone</i> <i>Emerald</i></p> <p align="center"></p>

May 5, 2017
Cinco de Mayo

May 7-13, 2017
Be Kind to Animals Week

Full Moon 5-10

Mother's Day 5-14

Pool Tournament 5-16

Endangered Species Day
4-22

Armed Forces Day 4-20

Memorial Day 4-29
Senior Center Closed

May Birth Flower: The fragrant ***lily of the valley*** signifies sweetness, humility, and a return to happiness. If you want to show your loved one that your life is complete with them, give them a few lilies of the valley.

Birthstone Emeralds are considered to be a symbol of rebirth and love. **Emeralds** are the rarest gemstones and are typically mined in Colombia, Brazil, Afghanistan and Zambia.

Zodiac Sign: Gemini
May 21 - June 20

Air sign; ruled by Mercury
Gentle, affectionate, curious, adaptable, ability to learn quickly and exchange ideas