MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Dekalb • Koffee Klutch -Breakfast w/Aperion Care @9:30 • Chair Yoga -Virtual Fitness @10:15 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards & Games ,VAC Box Lunch @12	28 Dekalb • Woodcarving @9:30 • Balance/Fall Prevention @10:30 • Arts & Chats @10:30 • Diamond Art @11:30 • Kristie Kooks - Fresh & Fruity @11:30 • Pinochle, Euchre, Bridge @12:30 • Prarie State Legal Walk - In @1-4	29 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge @12:30, Mahjong @1 Malta • Cards & Games	30 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge and Mexican Train Dominoes @12:30 • Mahjong @1	01 Dekalb • Virtual Fitness -Chair, Qigong @10 • Balance/Fall Prevention @10:30 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards & Mahjong @11 Malta • Cards & Games, VAC Box Lunch @12
04)ekalb • Koffee Klutch @9:30 • Chair Yoga -Virtual Fitness @10:15 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 • Memory Lane @3 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards & Games ,VAC Box Lunch @12	05 Dekalb • Woodcarving @9:30 • Cinco de Mayo Celebration @10 • Balance/Fall Prevention @10:30 • Arts & Chats @10:30 • Pinochle, Euchre, Bridge @12:30	06 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge @12:30, Mahjong @1 Malta • Cards & Games	07 Dekalb • Digital Literacy for Seniors @10 @DKPL • Documentary Day @11 DEKALB CENTER CLOSED AT 12PM FOR AN ALL STAFF MEETING	08 Dekab • Virtual Fitness -Chair, Qigong @10 • Balance/Fall Prevention @10:30 • Vinyasa Flow Yoga @12 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards & Mahjong @11, Gentle Mat Stretch @11 Malta • Cards & Games, VAC Box Lunch @12
11 Dekalb • Koffee Klutch w/Bethany Rehab Nursing 101 @9:30 • Chair Yoga @10:15 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards & Games, VAC Box Lunch @12	12 Dekalb • Woodcarving @9:30 • Balance/Fall Prevention @10:30 • Arts & Chats @10:30 • Pinochle, Euchre, Bridge @12:30 • Creative Writing @1	13 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge @12:30, Mahjong @1 Malta • Cards & Games	14 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge and Mexican Train Dominoes @12:30 • Mahjong @1 • Movie Day -*Downton Abbey @1*	15 Dekalb • Virtual Fitness -Chair, Qigong @10 • Balance/Fall Prevention @10:30 • Vinyasa Flow Yoga @12, Spring Fresh Feast Potluck @12, Friday Film @1 Sycamore • Walkers/Talkers @10, Cards & Mahjong @11 Malta • Cards & Games, VAC Box Lunch @12
18 Dekalb • Koffee Klutch w/Dekalb Cheif of Police @9:30 • Chair Meditation @10:15 • Arms, Abs, and Legs @11:30 • Vinyasa Flow Yoga @12 • Memory Lane @3 Sycamore • Walkers/Talkers @10, Cards @11 Malta • Cards & Games, VAC Box Lunch @12	19 Dekalb • Woodcarving @9:30 • Balance/Fall Prevention @10:30 • Arts & Chats @10:30 • Kristie Kooks - *Fresh Foods for Spring* @11:30 • Pinochle, Euchre, Bridge @12:30	20 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge @12:30, Mahjong @1 Malta • Universal Yums Trivia w/Heritage Woods @10, Cards & Games	21 Dekalb • Trip to The Anderson Japanese Garden @10am-3pm • Digital Literacy for Seniors @10 @DKPL • Documentary Day @11 • Pinochle, Euchre, Bridge, and Mexican Train Dominoes @12:30 • Mahjong @1	22 Dekalb • Virtual Fitness -Chair, Qigong @10 • Balance/Fall Prevention @10:30 • Vinyasa Flow Yoga @12 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards & Mahjong @11, Gentle Mat Stretch @11 Malta • Cards & Games, VAC Box Lunch @12
25 ALL CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY	26 Dekalb • Woodcarving @9:30 • Balance/Fall Prevention @10:30 • Arts & Chats @10:30 - *Group led on pantry day* • Monthly Food Pantry Pick-up @11 • Pinochle, Euchre, Bridge @12:30	27 Dekalb • Hand and Foot @9:30 • DVD Exercise @10 • Needlework Corner @10:30 • VAC LUNCH @12, Bingo @1 • Bridge and Mahjong @12:30 Malta • Cards & Games	28 Dekalb • Documentary Day @11 • Pinochle, Euchre, Bridge and Mexican Train Dominoes @12:30 • Mahjong @1	29 Dekalb • Virtual Fitness -Chair, Qigong @10 • Balance/Fall Prevention @10:30 • Vinyasa Flow Yoga @12 • Friday Film @1 Sycamore • Walkers/Talkers @10, Cards & Mahjong @11, TRIAD Senior Summer Social @3-5 Malta • Cards & Games, VAC Box Lunch @12