





















# East Columbus Senior Center Activities May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Bid Whist  <b>Ensure Sold Daily</b>	<b>2</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>
<b>5</b> 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>	<b>6</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  <b>Ensure Sold Daily</b>	<b>7</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  <b>Ensure Sold Daily</b>	<b>8</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Cards  <b>Ensure Sold Daily</b>	<b>9</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>
<b>12</b> 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>	<b>13</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  <b>Ensure Sold Daily</b>	<b>14</b> Senior Picnic in Whiteville 10:00 am @ Fair Grounds  <b>Ensure Sold Daily</b>	<b>15</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch  <b>Ensure Sold Daily</b>	<b>16</b> 9:00 Exercise 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>
<b>19</b> 9:00 Fitness Room 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>	<b>20</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Spades/Whist  <b>Ensure Sold Daily</b>	<b>21</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  <b>Ensure Sold Daily</b>	<b>22</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  <b>Ensure Sold Daily</b>	<b>23</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>
<b>26</b> CLOSED 	<b>27</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Cards/Whist  <b>Ensure Sold Daily</b>	<b>28</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  <b>Ensure Sold Daily</b>	<b>29</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  <b>Ensure Sold Daily</b>	<b>30</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  <b>Ensure Sold Daily</b>

For More Information: Adriane Mosley @910-655-4754 [adriane.mosley@columbusco.org](mailto:adriane.mosley@columbusco.org) Nutrition - Diane Young