

MAY 2024 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shepherd's Center Hours: Monday – Friday 9am until 2 pm For Immediate Assistance Or Emergency PLEASE CALL Amy Vernon Executive Director 864-978-2315 Lynn Cogdill Admin Assistant 864-415-5027		1 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2201	2 9:30-11:00 Tai Chi, Social Hall 1:00-2:00 - – Come walk with us event! YMCA Spartanburg Parking lot	3 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults - RM 2210
6 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2207 11:30-12:30 Needle'n Around - RM 2210	7 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 1:00-2:00 Yoga, Activity Room F111 12:00-1:00 Just Call Bill, Technology for Healthcare Room 2200 - canceled	8 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2201 12:00 BOARD MTG Rm 2208	9 9:30-11:00 Tai Chi, Social Hall	10 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults - RM 2210
13 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2207 11:30-12:30 Needle'n Around - RM 2210 11:45-12:45 Book Club, "A HigherCall by Adam Makos - Library	14 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III	15 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2201 - Canceled 1:00-2:00 Just Call Bill, Tech Talk Room 2200	16 9:30-11:00 Tai Chi, Social Hall	17 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults - RM 2210
20 9:30-10:30 Aerobics, Social Hall 10:30-11:30 Center Singers, Rm 2207 11:30-12:30 Needle'n Around - RM 2210	21 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:00-12:00 Yoga, Activity Room F111 12:00-1:00 – Farmer's Market – Devoted Health, Rm 2200	22 9:30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2201 - Canceled	23 9:30-11:00 Tai Chi, Social Hall 11:00-12:00 - Stop the Bleed, Rm 2200	24 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art, Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults - RM 2210
27 Memorial Day Holiday Office closed	28 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III	29 :30-10:30 Aerobics, Social Hall 10:45-11:45 Ukulele, Rm 2201 – Canceled 11:00-12:00 Paint & Sip – Rm 2210	30 9:30-11:00 Tai Chi, Social Hall	31 Summer Social