

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Hayden Village Center Soc & Rec Activity Calendar



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2 Groundhog Day	3 10:00 Musical Monday *1:30-3:00 Line Dancing	4 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	5 Moments in Black History 1:00 Game Day	6 11:00 Trivia Thursday *2:30 TaylorMade Fitness 60	7 Moments in Black History 11:00-3:00 Computer Lab 1:00 Fitness Friday		8
9 Week of Love 	10 10:00 Krafting Moments in Black History *1:30-3:00 Line Dancing	11 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	12 1:00 Game Day 3:00-4:00 Cupid Bingo <i>*RSVP Event</i> <small>Tu B'Shevat Begins</small>	13 Moments in Black History *2:30 TaylorMade Fitness 60	14 Wear RED Day Walking Club 11:00-3:00 Computer Lab <small>Valentine's Day</small>		15
16	17 CLOSED <small>Presidents' Day (U.S.)</small>	18 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	19 Moments in Black History *11:00 In-Person BINGO	20 11:00 Trivia Thursday *1:00 Virtual BINGO *2:30 TaylorMade Fitness 60	21 Moments in Black History 11:00-3:00 Computer Lab 1:00 Fun Fact Friday		22
23	24 10:00 Krafting Moments in Black History *1:30-3:00 Line Dancing	25 10:00 Tea-Time *1:00 Mindful Tuesdays *2:30 TaylorMade Fitness 60	26 10:00 Therapeutic Recreation *1:00 In-Person BINGO	27 Moments in Black History 1:00 Game Day *2:30 TaylorMade Fitness 60	28 Walking Club 11:00-3:00 Computer Lab <small>Ramadan Begins</small>		

Need to Join Us Virtually? Here are some Virtual Programs for you to consider:

- **Tea-Time with Kenya**- Join the senior group to have conversation on everyday life topics and how it relates to the older adult.
- **Virtual BINGO**- Want to play BINGO? Join this interactive fun game of online BINGO; maybe it's your day to win a prize 😊 .

It's always great to see your smiling faces! Join us for In-Person Programs:

- **"Krafting with Kenya"**- Come join your fellow seniors with making crafts that will bring out your creative side. Items are taken home after completed.
- **Musical Mondays**- Have you ever wanted to play a triangle? Or beat a drum? Let's get together and make some music.
- **Mindful Tuesday**-Put your thinking caps on! Join in on the fun as we do trivia, play word games, and other mind stimulating activities.
- **In-Person BINGO**- Want to play BINGO? Join this interactive fun game of **IN-PERSON** BINGO; maybe it's your LUCKY day to win a prize 😊 .
- **TaylorMade Fitness 60+**- Ready to Move and Groove to the beat? Join LaKenneth Kindred as he teaches a low impact class with weights, stretching, and walking.
- **TAO presents**- Various artists come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Fitness Friday**- We know you love music...Do you love fitness too? Come join the fun...End your week with a sweaty beat 😊 !
- **Fun Fact Friday**- Have you ever wanted to learn something new or go on an adventure without leaving your chair? Here is your chance to do just that. Come learn about exciting celebrations here and around the world.
- **Line Dancing**- Put your dancing shoes on! Come out and learn the latest line dances with **Embrace the Move**.
- **Pickle Ball**- Want a little friendly competition...Grab your partner and come out to play on our inside court.
- **Computer Lab**- Open to residents of Hayden Village and the clients who participate in programs offered at the center.
- **Open Gym**-Open to residents of Hayden Village to be able to have a safe place to walk.

For more information on how to get involved, rent the facility for space usage, and/or SIGN UP for activities please contact Kenya Morton at (757) 222-4527. To get more information about Senior Services of Southeastern Virginia contact us at (757) 461-9481.