

May is Older Americans Month – rv 04242019 2.58PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>No RSVP Required. For More Info call- TCRD -229-382-3262 or Leroy Rogers Sr Ctr (LRSC)- 2nd St – 229-391-9299</p>	<h1>Events</h1>		<p>1 11:30am -12:30pm TRHS Lunch Seminar: Sleep Ctr, Chiropractor, Vision Screening & Lunch – TRHS Event Center Carpenter Road</p>	<p>2 11:30am Older Americans Kickoff Luncheon-FBC Tifton FLC 7pm National Day of Prayer-LRSC</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6 9:00-10:00am Exercise LRSC 10:15-11:15 Chair Yoga, City of Tifton / LRSC. 2nd Street 10:30 a.m. Everything you wanted to know about Cataract Surgery-Dr. Garrett Webster- So. Ga. Eye Partners- LRSC</p>	<p>7 9:00-10:00am Exercise COT / LRSC 2nd Street SALVATION ARMY BOGO – Clothing – see below (Tues May 7th,14th, 21st, & 28th) – 9:00am-5:00pm</p>	<p>8 10: 15-11:15 Chair Yoga, City of Tifton / LRSC 2nd Street 11:30am Senior Fish Fry – City of Tifton, Leroy Rogers Sr. Ctr.- 2nd Street</p>	<p>9 9:00-10:00am Exercise, LRSC 10:30am – 11:45am FBC Tifton Joyful Sound Choir – welcomes your participation- Choir Room</p>	<p>10 Fridays from 9-10AM – with Filiberto Hernandez Basic Spanish Class – Words/Phases & Singing of Old Standard Hymns - TCRD</p>	<p>11</p>
<div style="border: 1px solid black; padding: 5px;"> <p>FEE INVOLVED: Fashion with a Passion" Fashion Show - May 14 @ 6 pm - \$20 - Leroy Rogers Center. Hosted by Tifton 20th Century Library Club. Tickets available at Tc3Y office, Leroy Rogers Center and members.</p> </div>	<p>12 9:00-10:00am Exercise LRSC 10: 15-11:15 am Chair Yoga, City of Tifton LRSC 2nd Street 3:00-5:00pm FBC Tifton Game Day Afterward a Dutch Treat Dinner Outing</p>	<p>14 9:00-10:00am Exercise City of Tifton LRSC 2nd Street 9:00am SilverSneakers® Southern Bodies – 604 West Second Street 2:00pm Sock Hop Bingo Community-Wide. Music & Bingo at Cypress Pond 6:00pm "Fashion with a Passion" Fee & Tickets Required (see left)</p>	<p>15 10:15am Chair Yoga, City of Tifton LRSC 2nd Street 4:45pm FBC Wednesday Night Dinner: Cost \$6</p>	<p>16 9:00-10:00am Exercise LRSC. 9:00am SilverSneakers® Southern 16 Bodies – 604 West Second Street 10:30am – 11:45am FBC Tifton Joyful Sound Choir – welcomes your participation – Choir Room 11:00am TCRD Senior Picnic – TCRD Gym , 401 N Victory Dr.</p>	<p>17 Fridays from 9-10AM Filiberto Hernandez Basic Spanish Class & Singing of Old Standard Hymns – TCRD 11:00 am Senior Fellowship Luncheon with Music Memories LRSC / City of Tifton & Friends</p>	<p>18 Adel Ga – Daylily Festival</p>
<p>19</p>	<p>20 9:00-10:00am Exercise LRSC 10:15-11:15am Chair Yoga LRSC. 2nd Street 2:00pm A Mary Poppins Musical Theater w/Refreshments - LRSC Ga. Living Sr. Home Care Homestead Palliative & Hospice</p>	<p>21 9:00-10:00am Exercise, Sr. Ctr. 9:00am SilverSneakers® Southern Bodies – 604 West Second Street 10:30Am -11:30am: Healthy Habits for your Brain and Body Alzheimer's Assoc., Ga Chp, Tifton Svc Area, Light Refreshments available. LRSC SALVATION ARMY –BOGO see below</p>	<p>22 9:00 am Taste of Tai Chi, LRSC 10:15am Chair Yoga, City of Tifton/ LRSC 2nd Street</p>	<p>23 9:00-10:00am Exercise, LRSC 9:00am SilverSneakers® Southern Bodies – 604 West Second Street 10:30am – 11:45am FBC Tifton Joyful Sound Choir – welcomes your participation – Choir Room 11:45am FBC Mystery Meal – Dutch Following Joyful Sound 2:00pm Butterbean Auction – Maple Court</p>	<p>24 9:00am – 10:00am Basic Spanish & Old Hymns - TCRD</p> <div style="border: 1px solid black; padding: 5px;"> <p>May 23, 2019 - 2:00pm Butterbean Auction with Homemade Ice Cream and your Favorite Uncle – Maple Court Tift Avenue</p> </div>	<p>25 Tift County High School Graduation – Brodie Field</p>
<p>26</p>	<p>27 9:00-10:00am Exercise, LRSC 10:15-11:15 Chair Yoga City of Tifton/Leroy Rogers Sr. Ctr. 2nd Street 3:00 pm FBC Game Day, FLC</p>	<p>28 9:00-10:00am Exercise, LRSC 9:00am SilverSneakers® Southern Bodies – 604 West Second Street SALVATION ARMY BOGO – Clothing See Below</p>	<p>29 10:15am Chair Yoga, COT LRSC 2nd Street 11:30 am A Swinging Senior Luncheon with Keith Tripp - LRSC COT/Maple Court/Cypress Pond/ Ga. Living Sr. Home Care</p>	<p>30 9:00-10:00am Exercise, LRSC 9:00am SilverSneakers® Southern Bodies – 604 West Second Street 10:30am – 11:45am FBC Tifton Joyful Sound Choir – welcomes your participation- Choir room</p>	<p>31 Fridays from 9-10AM – with Filiberto Hernandez Basic Spanish Class – Words/Phases & Singing of Old Standard Hymns - TCRD</p>	<p>2:00pm Butterbean Auction with Homemade Ice Cream and your Favorite Uncle</p>
<p>COT- City of Tifton LRSC – Leroy Rogers Sr Ctr FBC- First Baptist Ch TCRD – Rec. Dept – Victory Dr N</p>	<p>RECURRING EVENTS: LR SENIOR CTR 9:00am M, Tu, Th - Senior Exercise –LRSC 10:15am M, W- Chair Yoga - LRSC</p>	<p>RECURRING EVENTS: SALVATION ARMY (BOGO- Clothing) Tuesdays, May 7th-28th from 9:00am-5:00pm- Salvation Army, Hwy 82E Buy one Get one Free on clothing for Seniors 60+. For more information call 229-386-1503.</p>	<p>RECURRING EVENTS: 8:30am – M, W, Th -SAINTS Exercise FBC Tifton –FLC Gym 4:45pm FBC Wednesday Night Dinner: Cost \$6</p>	<p>SilverSneakers® –604 West 2nd Str Starting May14th – May 30th 9:00 am SilverSneakers® – Tu/Th Southern Bodies – West 2nd Str</p>	<p>Fridays from 9-10AM – with Filiberto Hernandez Basic Spanish Class – Words/Phases & Singing of Old Standard Hymns - TCRD</p>	

