














Sammamish Cross Cultural Senior Program - May 2023

Date	Welcome 10:00 AM	Fitness 10:30 AM	Activity 11:30 AM	Lunch 12:30 PM 	Post lunch Activity 1.15 PM
Monday 5/1/2023	Sign in; Enjoy tea, chai, coffee and chat 	Yoga	Knitting Club/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/3/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Journaling	Indian Food, fruit	Wisdom Café
Friday 5/5/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	 BINGO	Mexican food, fruit	Post lunch walk and talk
Monday 5/8/2023	Sign in; Enjoy tea, chai, coffee and chat 	Yoga	Book Club OR Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/10/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Meditative Art 	Indian Food, fruit	Show and Tell- bring one special from your heritage or travels And share the story connected with that
Friday 5/12/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Documentary	Salad, pizza, fruit	Post Lunch Walk & Talk
Monday 5/15/2023	Sign in; Enjoy tea, chai, coffee and chat	 Yoga	Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/17/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 5/19/2023	Sign in; Enjoy tea, chai, coffee and chat 	Strength Training	BINGO 	Mexican food, fruit	 Post lunch walk and talk
Monday 5/22/2023	Sign in; Enjoy tea, chai, coffee and chat	Yoga	Knitting/Card games/Board Games	Sandwiches, soup with Chips, fruit	Traveling Armchair
Wednesday 5/24/2023	Sign in; Enjoy tea, chai, coffee and chat	Gentle Movement	Art Activity	Indian Food, fruit	Post lunch walk and talk
Friday 5/26/2023	Sign in; Enjoy tea, chai, coffee and chat	Strength Training	Watch a Documentary	 Pizza, salad, fruit	Post lunch walk and talk
Wednesday 5/31/2023	Sign in; Enjoy tea, chai, coffee and chat	Tai Chi 	Art Activity	Indian Food, Fruit	Post lunch walk and talk

