

# EASTERN SHORE AREA AGENCY ON AGING/COMMUNITY ACTION AGENCY

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## MAY 2022

## Older Americans Month

1	2	3	4	5	6	7
	11:00 Current Events of the World	2:00 Environmental Happenings Updates	11:00 Brain Stimulation	2:00History of Cinco De Mayo	11:00 Shout Out to All Mothers	SMP AT CHINCOTEAGUE IN THE EVENING
8	9	10	11	12	13	14
	11:00 Current Events from the Post	2:00 Bingocize	11:00 Arm Chair Travel Let's Go To the Bahamas!	2:00 JEOPARDY	11:00 Group Discussion of the Caregiver Assistance Newsletter	
15	16	17	18	19	20	21
	11:00 Virtual Line Dancing	2:00 Plans of Reopening-What the Seniors Want	10:00 Old Americans Act Program"Seniors Aging Their Way"	SECSEP Training Management - SMP	11:00 Exercise To Strength Our Joints	
22	23	24	25	26	27	28
	11:00 Senior's Talk	Great Grand Re-opening of the Centers	11:00 Stroke Awareness by Nurse Margaret Moore 2:00 Food Allergies by Courtney Jardine	11:00 Arts and Crafts SECSEP Training Management-SMP 2:00STCS CLASSES at ESCC -SMP	11:00 May's Birthdays Name those Flowers	
29	30	31				
<i>Dial 301-715-8592 83257181604# meeting ID 641984# passcode</i>	<b>Center Closed Memorial Day</b>	<b>11:00 Bingo</b>				<b>Or Get on Zoom 83257181604meeting ID 641984 passcode</b>