

Mesa

May in-person events

Be sure to call to RSVP at **480-325-4707**.  
Class times and dates are subject to change.



5943 E. McKellips Road  
Suite 106  
Mesa, AZ 85215  
**480-325-4707 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>9:30 - 11 a.m. Painting with Della</div> <div>12 - 1 p.m. SilverSneakers® Cardio and Strength*</div> <div>3 - 4 p.m. Writer's workshop</div>	<div>2</div> <div>10 a.m. - 12 p.m. Mexican train</div> <div>1 - 2 p.m. Farm basket bingo: Kentucky Derby theme</div> <div>2 - 3 p.m. Board games</div>	<div>3</div> <div>10 - 11 a.m. Supermarket tour</div> <div>1 - 3 p.m. Movie &amp; popcorn: Wild Oats (2016)</div>
<div>6</div> <div>9:30 - 10:30 a.m. Veterans coffee chat</div> <div>1 - 2 p.m. SilverSneakers® Senior Stretch*</div> <div>2 - 3 p.m. SilverSneakers® Strength &amp; Balance*</div>	<div>7</div> <div>9:30 - 10:30 a.m. SilverSneakers® EnerChi*</div> <div>10:30 - 11:30 a.m. SilverSneakers® Circuit*</div> <div>12:30 - 1:30 p.m. Canasta</div> <div>1 - 3 p.m. Free from falls: Week 1</div>	<div>8</div> <div>12 - 1 p.m. SilverSneakers® Cardio and Strength*</div> <div>1 - 3 p.m. Charity crafting &amp; card making</div>	<div>9</div> <div>10 a.m. - 12 p.m. Mexican train</div> <div>1 - 2 p.m. Farm basket bingo</div> <div>2 - 3 p.m. Board games</div>	<div>10</div> <div>1 - 3 p.m. Movie &amp; popcorn: Mission: Impossible - Dead Reckoning (2023)</div>
<div>13</div> <div>9 - 10 a.m. Coffee &amp; puzzles</div> <div>10 - 11:30 a.m. What you need to know about Alzheimer's disease</div> <div>1 - 2 p.m. SilverSneakers® Senior Stretch*</div> <div>2 - 3 p.m. SilverSneakers® Strength &amp; Balance*</div>	<div>14</div> <div>9:30 - 10:30 a.m. SilverSneakers® EnerChi*</div> <div>10:30 - 11:30 a.m. SilverSneakers® Circuit*</div> <div>10:30 a.m. - 12:30 p.m. Mahjong</div> <div>1 - 3 p.m. Free from falls: Week 2</div>	<div>15</div> <div>12 - 1 p.m. SilverSneakers® Cardio and Strength*</div> <div>3 - 4 p.m. Writer's workshop</div>	<div>16</div> <div>10 a.m. - 12 p.m. Mexican train</div> <div>1 - 2 p.m. Farm basket bingo</div> <div>2 - 3 p.m. Board games</div>	<div>17</div> <div>10 - 11 a.m. MIND diet: Foods to fight dementia</div> <div>11 a.m. - 12 p.m. Healthy cooking demo with Chef Lucille</div> <div>1 - 3 p.m. Movie &amp; popcorn: Quiz Lady (2023)</div>
<div>20</div> <div>9 - 10 a.m. Coffee &amp; puzzles</div> <div>10 - 11:30 a.m. Find your feel great weight: Class 5 (RSVP)</div> <div>1 - 2 p.m. SilverSneakers® Senior Stretch*</div> <div>2 - 3 p.m. SilverSneakers® Strength &amp; Balance*</div>	<div>21</div> <div>9:30 - 10:30 a.m. SilverSneakers® EnerChi**</div> <div>10:30 - 11:30 a.m. SilverSneakers® Circuit*</div> <div>12:30 - 1:30 p.m. Canasta</div> <div>1 - 3 p.m. Free from falls: Week 3</div>	<div>22</div> <div>12 - 1 p.m. SilverSneakers® Cardio and Strength*</div> <div>1 - 3 p.m. Charity crafting &amp; card making</div>	<div>23</div> <div>10 a.m. - 12 p.m. Mexican train</div> <div>1 - 2 p.m. Farm basket bingo</div> <div>2 - 3 p.m. Board games</div>	<div>24</div> <div>Center closing early at noon in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>9:30 - 10:30 a.m. SilverSneakers® EnerChi*</div> <div>10:30 - 11:30 a.m. SilverSneakers® Circuit*</div> <div>1 - 3 p.m. Free from falls: Week 4</div> <div>2 - 3 p.m. Tech Tuesday</div>	<div>29</div> <div>10 - 11:30 a.m. Craft corner with Village Medical</div> <div>12 - 1 p.m. SilverSneakers® Cardio and Strength*</div> <div>2 - 3 p.m. May birthday social</div>	<div>30</div> <div>10 a.m. - 12 p.m. Mexican train</div> <div>1 - 2 p.m. Farm basket bingo</div> <div>2 - 3 p.m. Board games</div>	<div>31</div> <div>10:30 - 11:30 a.m. Book club</div> <div>1 - 3 p.m. Movie &amp; popcorn: Interstellar (2014)</div>



\*For Humana members with this benefit only.  
For accommodations of persons with special needs at meetings, call **480-325-4707 (TTY: 711)**.