

MAY EVENTS

Date	Time	Event	Speakers	Notes
Tuesday 1	Beginner 9am - 10am Intermediate 10am – 11am	Pickleball Clinics	Albert Noda USA Pickleball Ambassador	Must pre-register \$ 5.00 Fee
May 2 - June 6 Every Wednesday	5:30pm – 7:30pm	Cooking Matters 6 Week Workshop	Felicia Bennett-Giles	Must pre-register Free
Monday 7	11 am	Things Every Senior Needs to Know About Funerals	Jeff McClure Lincoln Heritage Funeral Advantage	Must pre-register Free
Monday 7	12 noon	Dominoes	Consuelo Kral	Must pre-register Free
Wednesday 9	10:30am	Prayer (Bulletin Board Prayer Request)	Constance Poe, Wellness Director	Must pre-register Free
Thursday 10	11 am	Health Rhythms Community Drumming Class	John Beck, Professor of Percussion, UNCSA	Must pre-register Free
Friday 11	11am	Heart Health	Dr. Jo Cleveland Wake Forest Baptist Hospital	Must pre-register Free
Monday 14	11am	Mindfulness Meditation	Susan Leonard, PhD Yoga Instructor	Must pre-register Free
Monday 14	6pm	Things Every Senior Needs to Know About Funerals	Jeff McClure Lincoln Heritage Funeral Advantage	Must pre-register Free
Monday 14	12 noon	Dominoes	Consuelo Kral	Must pre-register Free
Tuesday 15	Beginner 9am - 10am Intermediate 10am – 11am	Pickleball Clinics	Albert Noda USA Pickleball Ambassador	Must pre-register \$ 5.00 Fee
Tuesday 15	11am	Open Forum with WSSU	WSSU Staff	Must pre-register Free
Tuesday 15	6pm	MS & Fitness	Joyce Hudgins, Certified Health Coach	Must pre-register Free
Thursday 17	10am	Arthritis/ Osteoporosis	Dr. Jessica Lee	Must pre-register Free
Monday 21	12 noon	Dominoes	Consuelo Kral	Must pre-register Free
Monday 21	6pm	Hair Care Seminar	April Gilliam, Stylist	Must pre-register Free
Tuesday 22	9am-12noon	Brain Screening Walk-ins Welcome	WSSU Physical Therapy Dept.	Must pre-register Free
Tuesday 22	12:30 noon	Period Project	Lynn Ellis	Donations accepted in May
Thursday 24	11am	Health Rhythms Community Drumming Class	John Beck, Professor of Percussion, UNCSA	Must pre-register Free
Thursday 24	11:30 am	Pink 4 Lunch Seminar	Susan G. Komen	Must pre-register Free
Monday 28	12 noon	Dominoes	Consuelo Kral	Must pre-register Free
Every Wednesday	11am	Bible Study	David Davis, Teacher	Must pre-register Free

