

Berne Senior Lunches

Activities

We have planned at this time. You don't have to come to lunch but we hope you will. There is no charge for any of the activities and all materials are provided. Please call me, Linda Hodges, at 872-0940 with questions or to make a reservation.

Exercise:

Every Tuesday at 11:30 - Tai Chi for Arthritis Strengthening and Balance Exercises lead by MaryJo McKeon

Crafts & other activities: (all crafts start after lunch unless otherwise noted)

May 29 Memorial Day ***NO LUNCH***

May 30 - Decorating a Vase & making Flowers to Put in your new Vase

June 5 - Making a Woven Box

June 6 Nutritional Presentation with Cornell Cooperative Extension during lunch

June 19 – **BINGO** 1-2 p.m.

June 20 - Painting with Fran Deegan

July 3 - Flower Pots & Flowers

July 4 - ***NO LUNCH***

July 18 - Painting with Fran Deegan

July 31 – Flower Wreath

August 1 - Dragonflies and Caterpillars

August 15 - Painting with Fran Deegan

August 29 - Bunnies

September 5 - Butterfly

September 19 - Painting with Fran Deegan

We also have games, jigsaw puzzles and just hanging out and visiting available. We love to have people around. If you have an activity you would like to start or see let us know and we will try to accommodate you.