

May 2023

West Central Community Center
 1603 N Belt St
 Spokane, WA 99205
 Fax: 509.324.2347

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Crafty Corner Fitness and Movement Puzzles and Games	2 Music Fitness and Movement Painting and Drawing	3 Sign Language Club Women's Tea Wii Sports	4 Fitness and Movement Men's Coffee	5 Chair Dance Yoga BINGO! Movie	6
7	8 Crafty Corner Fitness and Movement Puzzles and Games	9 Music Fitness and Movement Painting and Drawing	10 Sign Language Club Women's Tea Wii Sports	11 Fitness and Movement Men's Coffee	12 Chair Dance Yoga BINGO! Movie	13
14	15 Crafty Corner Fitness and Movement Puzzles and Games	16 Music Fitness and Movement Painting and Drawing	17 Sign Language Club Women's Tea Wii Sports	18 Fitness and Movement Men's Coffee	19 Chair Dance Yoga BINGO! Movie	20
21	22 Crafty Corner Fitness and Movement Puzzles and Games	23 Music Fitness and Movement Painting and Drawing	24 Sign Language Club Women's Tea Wii Sports	25 Fitness and Movement Men's Coffee	26 LSC PROGRAM CLOSED	27
28	29 MEMORIAL DAY LSC PROGRAM CLOSED	30 Music Fitness and Movement Painting and Drawing	31 Sign Language Club Women's Tea Wii Sports			

Eric Moede
 Supportive Service Manager
 Phone: 509.323.7517 (Office)
 Email: emoede@westcentralcc.org

STA: (509) 328-1552

Please schedule return ride at least 30 minutes prior to end of session

AM 9am-12pm

PM 12pm-3pm

LSC May 2023

We had an awesome time with our guest performer, professional Yo-Yo champ Chris Cook. Chris came in and showed off some amazing tricks that he has perfected over the years. He talked about how he developed his passion for practicing with Yo-Yo's and even brought a special Yo-Yo that participants could work with. Thanks again to Chris for donating his time and sharing his talent!

We have also expanded our music, fitness and movement session. Merri-Lou, who coordinates our Friday Chair Yoga session will now be coming in on Tuesday mornings to lead music, fitness and movement. Thanks to you, Merri-Lou!

Please note: The LSC program **will be closed on May 26th and 29th, in observance of Memorial Day.**

-Eric

Items Needed:

Wipes Clorox Wipes
Snacks
Kleenex



Caleb- 5/5

Stacy- 5/22

Sarah- 5/8

Kyle- 5/25

Paul- 5/12

Ronald N.- 5/25

Steven- 5/12