

May 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic 1PM 10 Minute Writing	2
3	4 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	5 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11:10AM Low Impact Exercise	6 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 11AM Blood Pressure Chk 1:00PM Wii Bowling 2PM Ice Cream Social	7 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	8 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 3PM Board of Directors 5:00PM Bingo Dinner 6PM Bingo	9 8AM Mother's Day Breakfast 11:00AM DAS General Meeting
10	11 10AM Cards/Table Games 10AM 5 Crowns Game 3PM Movie Matinee 1:30PM Metabolic Reset	12 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko	13 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling	14 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	15 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	16
17	18 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	19 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11:10AM Low Impact Exercise	20 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 11AM Blood Pressure Chk 1:00PM Wii Bowling	21 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge Deadline For Calendar and Newsletter	22 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 5:00PM Bingo Dinner 6PM Bingo	23
24 <hr style="width: 50px; margin-left: 0;"/> 31	25 Memorial Day Closed	26 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko	27 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 12:30PM Wii Bowling 1PM Birthday Party	28 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	29 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	30