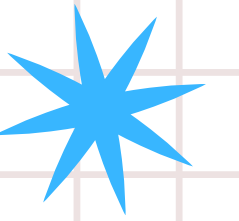


WHAT'S HAPPENING?

MAY 2026



- MAY 5** Randy Chang on the Piano - 12:00PM - Longwood Room
- MAY 6** FOOD BANK - 9:00AM
- MAY 12** DINNER DANCE 6:00PM East Wing Ballrooms
Willowwood Notes (Jesse Foye) Perform - 12:00PM - Longwood Room
- MAY 13** MAY 15 BINGO - FREE TO PLAY! 12:00PM - Longwood Room
- MAY 14** BIRTHDAY DAY!
FREE ICE CREAM courtesy of Bryan Realty Group - 12:00PM Longwood Room
Loretta & Les Perform - Longwood Room 12:00PM
Steppin' Seniors Perform 11:45AM Longwood Room
CHRISTIANA CARE MOBILE VAN - 11:30AM Outside Back Parking Lot
- MAY 19** Randy Chang on the Piano - 12:00PM Longwood Room
- MAY 21** "DINING TO DONATE" - Applebee's (Dover) 11:00AM - 10:00PM
- MAY 25** CENTER CLOSED
- MAY 26** "AFTERNOON TEA PARTY" - 12:00PM - East Wing Ballroom *Tickets at Member Services
Mary Helen Wallace on the Keyboard - 12:00PM - Longwood Room

PROGRAMS AT A GLANCE!

YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Medicare Counseling

9:00AM AR#1
By Appointment Only

TUESDAY

Bible Study

9:30AM-10:15AM AR #7

Gospel Singing Workshop

10:00AM-10:45PM AR #3

Visually Impaired Support Group

12:00PM-2:45PM AR #3
3rd Tuesday each Month

Hearing Loss Circle Chats

1:00PM-2:00PM AR #7
1st Tuesday each Month

WEDNESDAY

Quilters

9:00AM-11:45AM AR #1

Meditation

10:00AM-11:00AM AR# 8

Massage Therapy \$\$

10:30AM-3:00PM AR #7
By Appointment Only

Bible Study

11:00AM-11:45AM AR #3

Twisted Stitchers

12:00PM-2:45PM AR #1

Bereavement Support

12:30PM-2:30PM AR #4
2nd Wednesday of each Month

THURSDAY

Visually Impaired Support Group

10:00AM-11:45AM AR #3

Book Club

12:00PM-1:00PM AR #1
Last Thursday each Month

Cell Phone & Computer Tutor \$\$

12:00PM-3:00PM AR #6
By Appointment Only

FRIDAY

Foot Doctor \$\$

8:30AM-12:00PM AR #6
By Appointment Only

P.U.S.H.

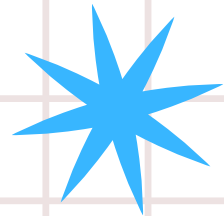
9:00AM-10:00AM
West Conference Room

Needlework

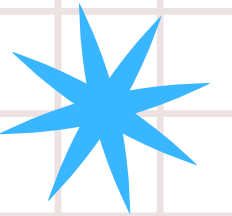
9:00AM-2:00PM AR #3

Pum Up Your Brain

1:00PM-2:15PM AR #1



PALMER ROOM CLASSES



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Low Impact Aerobics
8:45AM - 9:45AM

Beginner Line Dance
10:00AM - 10:45AM

Couples Partner Dancing
11:00AM - 11:45AM

Soulsations
12:30PM - 1:15PM

Broadway Advanced
1:30PM - 3:15PM

TUESDAY

Get Up and Move
8:00AM - 8:45AM

Dancing In Your Chair
9:00AM - 9:45AM

Bingocize
10:00AM - 10:45AM

Improver Line Dance
11:00AM - 11:45AM

Contemporary Line Dance
12:00PM - 12:45PM

WEDNESDAY

Beginner Line Dance
9:30AM - 10:45AM

Soulsations
11:15AM - 12:00PM

Ran's Tai Chi \$\$
1:30PM - 2:30PM
Wellness Center Class

Tai Chi with Donna \$\$
2:30PM - 3:30PM
Wellness Center Class

THURSDAY

Intermediate Line Dance
9:00AM - 9:45AM

Improver Line Dance
10:00AM - 11:15AM

Contemporary Line Dance
11:30AM - 12:15PM

**Delaware Diamonds
Double Dutch**
12:30PM - 2:45PM

Intro to Theater
2:00PM - 3:15PM

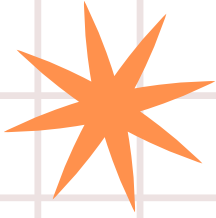
FRIDAY

Low Impact Aerobics
8:45AM - 9:45AM

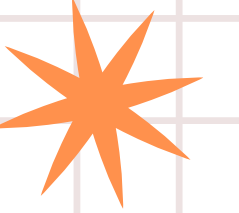
Dancing In Your Chair
10:15AM - 11:00AM

Bingocize
11:15AM - 12:15PM

**Extreme Beginners
Line Dance**
1:00PM - 2:45PM



GAME ON!



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Duplicate Bridge
9:30AM-2:00PM AR #4

Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-6:00PM AR #8

Rummikub
12:30PM-2:45PM AR #4

Bid Whist
3:30PM-6:00PM AR #4

TUESDAY

Mahjong
11:30AM-2:45PM AR #4

Chicken Foot
11:30AM-2:45PM AR #4

Bid Whist
3:30PM-6:00PM AR #4

Pinochle
12:00PM-6:00PM AR #8

WEDNESDAY

Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-6:00PM AR #8

Dominoes
12:30PM-2:45PM AR #3

Bid Whist
3:30PM-6:00PM AR #4

THURSDAY

Chess
9:00AM-11:45AM AR #4

Bridge
12:00pm-2:45pm AR #3

Mahjong
12:00PM-2:45PM AR #4

Chicken Foot
12:00PM-2:45PM AR #4

Bid Whist
3:30PM-6:00PM AR #4

Pinochle
12:00PM-6:00PM AR #8

FRIDAY

Duplicate Bridge
10:30AM-2:45PM AR #4

Chicken Foot
12:00PM-3:00PM AR #8

Scrabble
12:00PM-3:00PM AR #8

Pinochle
12:00PM-6:00PM AR #8

Bid Whist
3:30PM-6:00PM AR #4

HOURS SCHEDULED TO CHANGE FOR BANQUETS / EVENTS



MMC FITNESS & POOL CLASS SCHEDULE



YOU MUST BE A MEMBER OF THE MODERN MATURITY CENTER TO PARTICIPATE.

MONDAY

Aqua Mobility
with Mindy
12:00PM - 1:00PM

TUESDAY

Early Risers
Aqua Aerobics
7:30AM - 8:30AM

Aqua Aerobics
with Betsy
9:30AM - 10:30AM

Aquacise
with Ray
2:00PM - 3:00PM

WEDNESDAY

Aqua Mobility
with Mindy
12:00PM - 1:00PM

THURSDAY

Aqua Aerobics
with Betsy
11:15AM - 12:15P

Aquacise
with Ray
2:00PM - 3:00PM

FRIDAY

Aqua Aerobics
with Betsy
9:30AM - 10:30AM

Water Volleyball
2:00PM - 3:40PM

How do you take an instructor-led Aqua Class?

1. You **MUST** register in the Fitness Center.
2. You **MUST** be a member of the MMC.
3. After you have registered, you will purchase a (Blue) Aqua Aerobics Punch Card for \$60 from Member Services.