





































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> Spaghetti Bolognese Italian Veggies Brownie 	<b>5</b> White Lasagna Stewed Tomatoes Mixed Veggies  	<b>6</b> Tuscan Chicken Thighs Polenta Green Peas 	<b>7</b> Chicken Caprese Salad Minestrone Spiced Applesauce   	<b>8</b> Homemade Chili Cornbread Brussel Sprouts
<b>11</b> Chicken & Dumplings Green Beans Congo Square 	<b>12</b> Pork & Cabbage Stew Egg Drop Soup Carrots  	<b>13</b> Tuna Casserole Broccoli Brownie	<b>14</b> Sesame Chicken Salad Coconut Curry Soup Vanilla Pudding   	<b>15</b> Beef Stroganoff over Noodles Green Peas Carrot Cake
<b>18</b> Sausage & Pepper Penne Focaccia Italian Veggies 	<b>19</b> White Bean Chili Cornbread Mixed Veggies  	<b>20</b> Ancho Pork Enchilada Stack Black Beans Spanish Rice 	<b>21</b> Muffalietta Salad Tomato Basil Soup Garlic Bread    	<b>22</b> Glazed Ham over Stuffing Mashed Potatoes Green Bean Casserole
<b>25</b> <b>HAPPY                      MEMORIAL                      DAY</b> <b>CENTER CLOSED</b>	<b>26</b> Dirty Rice Creamed Spinach Cornbread  	<b>27</b> Blackened Catfish Mac & Cheese Mustard Greens	<b>28</b> Tuna Salad Sandwich Potato Salad Greek Coleslaw    	<b>29</b> Greek Stromboli Marinara Green Beans

**WEEKLY EVENTS:**

- Every Monday- 1:00PM  
Line Dancing @ Fair Building
- Every Thursday- 10:00AM  
Line Dancing @ Fair Building
- Every Tuesday & Thursday- 12:00PM  
Bingo- \$2.00/person to play
- Every Monday, Wednesday, & Friday- 9:30AM  
Walking Club

**EVENTS THIS MONTH:**

-  5/6 & 5/20- Crafts @ 12:00PM - 3:00PM
-  Exercise 5/5, 5/12, 5/26 @ 9:30 PVA&M
-  5/7, 5/14, 5/21, 5/28- Tai Chi Class @ 1:30PM
-  Mental Health Class 5/20 @ 10:00AM
-  Fraud Bingo Workshop 5/21 @ 9:00AM
-  5/19 Speaker Series, Mosquito Control @ 10:00AM
-  5/28- May Birthdays



LUNCH IS PROVIDED MONDAY- FRIDAY @ 11:30AM  
SERVING MONTGOMERY COUNTY SENIOR CITIZENS AGES 60+



**EMC Senior Center**  
Montgomery County Precinct 4



# LINE DANCING CLASSES



**JOIN US AT THE EMC SENIOR CENTER FOR  
A FREE WEEKLY CLASS AS WE LEARN  
MODERN LINE DANCES WITH A RANGE OF  
DIFFERENT MUSIC. IF YOU ARE 60 OR  
BETTER, LET'S GET MOVING!**



**EMC SENIOR CENTER**  
21679 MCCLESKEY ROAD  
NEW CANEY, TX 77357

**EVERY MONDAY**

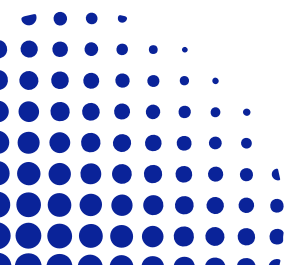
**@ 1:00PM**

**EVERY THURSDAY**

**@ 10:00AM**



**281-577-8911**





# Nutrition and Exercise 9 Week Class

Join the EMC Senior Center for a 3 week program providing education on nutrition, physical activity, and wellness practices. Make your health your priority!

**TUESDAY, 5/5**

**TUESDAY, 5/12**

**TUESDAY, 5/26**

**@ 9:30am**

**EMC Senior Center  
21679 McCleskey Rd**



**EMC Senior Center**

Montgomery County Precinct 4

281- 577- 8911



FAMILY AND COMMUNITY HEALTH



**EMC Senior Center**  
Montgomery County Precinct 4

*Speaker Series*

# MOSQUITO CONTROL



**Your Mosquito Team**



**...is here to help you enjoy the outdoors**

**TUESDAY**  
**MAY 19, 2026**

**EMC SENIOR**  
**CENTER**  
**10:00AM**

**281-577-8911**

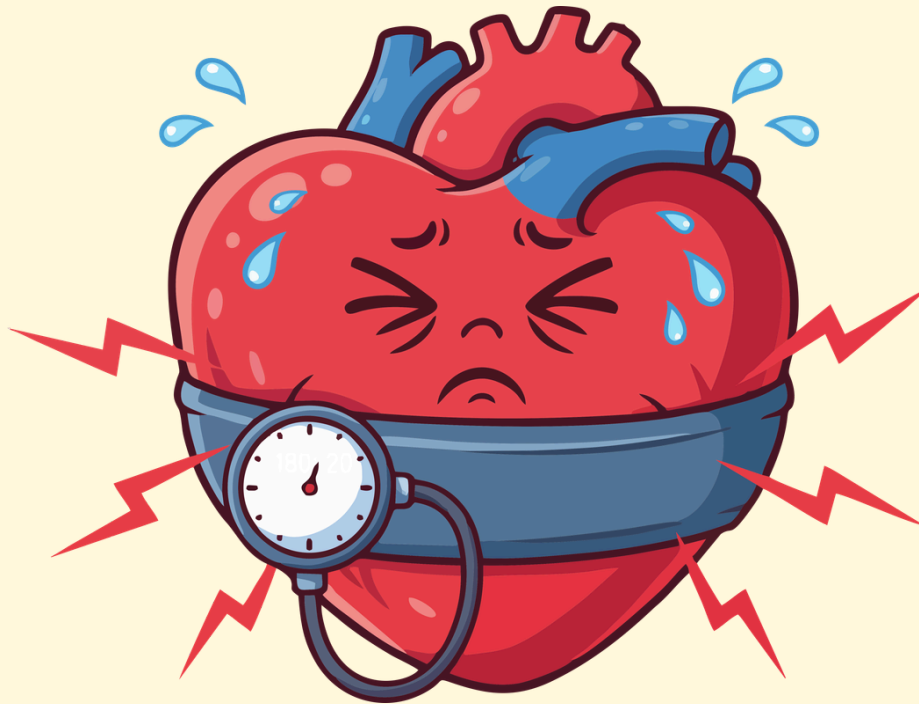
**21675 McCleskey Road**



**EMC Senior Center**

Montgomery County Precinct 4

# Control Your Cholesterol



High Cholesterol is something many adults have. But, having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control!

**MAY  
20**

**WEDNESDAY  
10:00AM  
EMC SENIOR CENTER**



**Independence at Home**

A SCAN Community Service™

# Fraud Prevention Bingo



This no-cost monthly workshop focuses on fraud prevention. Learn important information while enjoying a game of fraud and scam prevention bingo!

**Thursday, 5/21 at 9:00am**

Disaster Preparedness Information  
AI Scam/ Financial Fraud



**EMC Senior Center**  
Montgomery County Precinct 4  
281- 577- 8911



# CHAIR TAI CHI



## Arthritis & Fall Prevention

*Tai Chi is a slow moving meditative exercise that began in ancient China around 500 years ago. It combines stress reduction and good posture with movement to improve health through enjoyable exercise that relieves pain, improves balance, and increases strength.*

**Thursdays**

**May 7**

**May 14**

**May 21**

**May 28**

**EMC SENIOR  
CENTER**

**1:30PM**