

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>				
<h1>May 2024</h1>			<b>Available every day: 8:30 AM—4:15 PM</b>  Billiards Computer Room Ping Pong			Friendship Circle	8:30 AM	<b>01</b>	Samba	9:00 AM	<b>02</b>	Walking Group	9:00 AM	<b>03</b>		
						Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM			
						Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM			
						Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM			
						Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM			
						Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM			
						Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM			
						Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM			
						Light & Lively	1:20 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM			
						Yoga	2:20/3:20 PM		Zumba Gold	2:30 PM		Beginner Tai Chi	1:30 PM			
			<b>Foot Care—By Appointment</b>													
Walking Group	9:00 AM	<b>06</b>	Wood Shop	9:00 AM	<b>07</b>	Friendship Circle	8:30 AM	<b>08</b>	Samba	9:00 AM	<b>09</b>	Walking Group	9:00 AM	<b>10</b>		
Ceramics	9:30 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM			
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM			
Light & Lively	11:00 AM		<b>Therapy Dogs</b>	<b>10:30 AM</b>		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM			
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM			
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM			
<b>Biking Group</b>	<b>1:00 PM</b>		Mahjong	12:30 PM		Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM			
Music Circle	1:00 PM		<b>Red Hats</b>	<b>1:00 PM</b>		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM			
Light & Lively	1:20 PM		Water & Oil	1:00 PM		Light & Lively	1:20 PM		<b>Hiking Group</b>	<b>1:00 PM</b>		Cribbage	12:45 PM			
Yoga	2:20/3:20 PM		Advanced Tai Chi	1:30 PM		Yoga	2:20/3:20 PM		Hand & Foot	1:00 PM		Beginner Tai Chi	1:30 PM			
			<b>Foot Care—By Appointment</b>													
Walking Group	9:00 AM	<b>13</b>	Wood Shop	9:00 AM	<b>14</b>	Friendship Circle	8:30 AM	<b>15</b>	Samba	9:00 AM	<b>16</b>	Walking Group	9:00 AM	<b>17</b>		
Ceramics	9:30 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM			
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		<b>Police K9 Meet &amp; Greet</b>	<b>10:00 AM</b>		Bingo	10:00 AM			
Light & Lively	11:00 AM		Advanced Line Dancing	11:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM			
Lunch	12:00 PM		Lunch	12:00 PM		<b>ECHN Diabetes Prevention</b>	<b>10:00 AM</b>		Cornhole	11:00 AM		Light & Lively	11:00 AM			
Body Sculpt	12:30 PM		Mahjong	12:30 PM		Strength & Flex	10/11:00 AM		Lunch	12:00 PM		Lunch	12:00 PM			
Pinochle	12:30 PM		<b>Movie: Bob Marley: One Love</b>	<b>1:00 PM</b>		<b>Newcomer's Meeting</b>	<b>11:00AM</b>		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM			
Music Circle	1:00 PM		Watercolor & Oil	1:00 PM		Lunch	12:00 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM			
Light & Lively	1:20 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM			
Yoga	2:20/3:20 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Zumba Gold	2:30 PM		Beginner Tai Chi	1:30 PM			
			<b>Foot Care—By Appointment</b>			<b>File of Life—By Appointment</b>			<b>Foot Care—By Appointment</b>							
<b>AARP SMART DRIVER CLASS</b>	<b>8:45 AM</b>	<b>20</b>	Wood Shop	9:00 AM	<b>21</b>	Friendship Circle	8:30 AM	<b>22</b>	Samba	9:00 AM	<b>23</b>	Walking Group	9:00 AM	<b>24</b>		
Walking Group	9:00 AM		<b>Paint Class</b>	<b>9:30 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM			
Ceramics	9:30 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM			
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM			
Light & Lively	11:00 AM		<b>Book Group</b>	<b>10:30 AM</b>		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM			
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM			
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM			
Music Circle	1:00 PM		Mahjong	12:30 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM			
<b>Biking Group</b>	<b>1:00 PM</b>		Watercolor & Oil	1:00 PM		Light & Lively	1:20 PM		<b>Hiking Group</b>	<b>1:00 PM</b>		Cribbage	12:45 PM			
Light & Lively	1:20 PM		Advanced Tai Chi	1:30 PM		Yoga	2:20/3:20 PM		Hand & Foot	1:00 PM		Beginner Tai Chi	1:30 PM			
Yoga	2:20/3:20 PM	Beginner Tai Chi	2:30 PM				Zumba Gold	2:30 PM	<b>Podiatry—By Appointment</b>							
			<b>Foot Care—By Appointment</b>													
<b>Memorial Day Senior Center Closed</b>			<b>27</b>	Wood Shop	9:00 AM	<b>28</b>	Friendship Circle	8:30 AM	<b>29</b>	Samba	9:00 AM	<b>30</b>	Walking Group	9:00 AM	<b>31</b>	
				<b>Responsible AI</b>	<b>10:00 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM		
				Beginner Line Dancing	10:00 AM		Blood Pressure Drop In	9:30 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM		
				Advanced Line Dancing	11:00 AM		<b>Birthday Lunch</b>	<b>12:00 PM</b>		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM		
				Lunch	12:00 PM		Social Bridge	12:30 PM		Cornhole	11:00 AM		Light & Lively	11:00 AM		
				Mahjong	12:30 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM		
				Watercolor & Oil	1:00 PM		Dominoes	12:45 PM		Duplicate Bridge	12:30 PM		Setback	12:30 PM		
				Advanced Tai Chi	1:30 PM		Yoga	2:20/3:20 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM		
				Beginner Tai Chi	2:30 PM					Hand & Foot	1:00 PM		Cribbage	12:45 PM		
										Zumba Gold	2:30 PM		Beginner Tai Chi	1:30 PM		