

MAY 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	National Health & Fitness Month					1 Walk
2	3 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV 9:30 Knitters Wellness Center	4 Walk 9:00 Bone Builders Van Shelter 8:30 PEG TV 9:30 Falls Prevent Tai Chi Beg. PEGTV 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 3:00 Writing Workshop	5 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 9:30 PEGTV 11:00 Eat Smart & Move More 1:30 Great Courses Winston Churchill- Zoom	6 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 9:30 Tai Chi Fall Prevention Beg. PEGTV 1:15 SUN 73 Tai Chi Zoom 5:30 Ukelele	7 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV	8 Walk 10:00 Bone Builders PEG TV
9	10 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV 9:30 Knitters Wellness Center	11 Walk 9:00 Bone Builders Van Shelter 8:30 PEG TV 9:30 Falls Prevent Tai Chi Beg. PEGTV 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 3:00 Writing Workshop	12 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 9:30 PEGTV 11:00 Eat Smart & Move More 1:30 Great Courses Winston Churchill- Zoom	13 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 9:30 Fall Prevent Tai Chi Beg. PEGTV 1:15 SUN 73 Tai Chi Zoom 5:30 Ukelele	14 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV	15 Walk 10:00 Bone Builders PEG TV
16	17 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV 9:30 Knitters Wellness Center	18 Walk 9:00 Bone Builders Van Shelter 8:30 PEG TV 9:30 Falls Prevent Tai Chi Beg. PEGTV 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 3:00 Writing Workshop	19 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 9:30 PEGTV 11:00 Eat Smart & Move More 1:30 Great Courses Winston Churchill- NO CLASS	20 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 9:30 Fall Prevent Tai Chi Beg. PEGTV 1:15 SUN 73 Tai Chi Zoom RAVNAH FOOT CLINIC <u>by appointment</u> 5:30 Ukelele	21 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV 12:00 BBQ PICNIC LUNCH	22 Walk 10:00 Bone Builders PEG TV
23	24 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV 9:30 Knitters Wellness Center	25 Walk 9:00 Bone Builders Van Shelter 8:30 PEG TV 9:30 Falls Prevent Tai Chi Beg. PEGTV 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 3:00 Writing Workshop	26 <i>National Senior Health & Fitness Day</i> Yoga 8:30-9:45 10:30 Better Balance Van Shelter 9:30 PEGTV 11:00 Eat Smart & Move More 1:30 Great Courses Winston Churchill- Zoom	27 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 9:30 Fall Prevent Tai Chi Beg. PEGTV 1:15 SUN 73 Tai Chi Zoom 5:30 Ukelele	28 Walk 10:30 Better Balance Van Shelter 9:30 PEG TV	29
30	31 Memorial Day Holiday Community Center Closed					

Refer to program descriptions in the Newsletter for details