



# May 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 <b>May Day</b> Walking Challenge Begins 7:30 AA	2 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	3 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	4 10:30 Better Balance 12:00 CCC Dinner 1:00 Take Note Vocal Group	5 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	6 9:00-11 Coffee Hour 10:30 Better Balance 12:00 WHI Bowling Party <i>Send your walking miles</i>	7
8 <b>Mothers Day</b> 7:30 AA	9 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	10 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	11 10:30 Better Balance 11:30 SASH Identity Theft 11:30 SASH - Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution	12 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi 1:30 Beaded Crochet Workshop	13 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	14
15 7:30 AA	16 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	17 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	18 10:30 Better Balance 12:00 CCC Dinner 1:00 Take Note Vocal Group	19 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 11:30 Beginner Tai Chi 1:00-3:00 Foot Clinic 1:15 SUN 73 Tai Chi 6:00 Ukulele	20 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	21
22 7:30 AA	23 10:00&11:00 Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	24 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	25 NATIONAL SENIOR HEALTH & FITNESS DAY 9:30 KAYAK OUTING 10:30 Better Balance 11:30 SASH- Blood Pressure Screening 12:00 PICNIC LUNCH ON THE LAWN 1:00 Take Note Vocal Group 1:30 Great Courses Theory of Evolution	26 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 11:30 Beginner Tai Chi 1:15 SUN 73 Tai Chi	27 9:00-11 Coffee Hour 9:30-10:00 Plant Exchange 10:30 Better Balance <i>Send your walking miles</i>	28
29 7:30 AA	30  <b>CLOSED For Memorial Day</b>	31 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing		<i>Matter of Balance: Concerns About Falls June 2-July 21</i>		

*Refer to the program descriptions for details*