




May Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
7:30 AA	1 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge Walking Challenge Begins	2 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	3 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	4 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 6:00 Ukulele	5 9:00-11 Coffee Hour 9:00 Mahjongg 10:30 Better Balance <i>Send your walking miles</i>	6
7:30 AA	8 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge	9 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	10 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	11 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	12 9:00-11 Coffee Hour 9:00 Mahjongg 9:00-10:30 SASH Blood Pressure Screening 10:30 Better Balance 12:00 GAME DAY <i>Send your walking miles</i>	13
14 <i>Happy Mother's Day</i>  7:30 AA	15 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 3:00 Book Club	16 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	17 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses 3:00 ART WORKSHOP	18 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 1:00 Foot Clinic 6:00 Ukulele	19 9:00-11 Coffee Hour 9:00 Mahjongg 10:30 Better Balance 6:00 POT LUCK SUPPER <i>Send your walking miles</i>	20
7:30 AA	22 10:30 Better Balance 11:00 Guitar 1:00 Bridge 12:00 BIRTHDAY DINNER	23 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	24 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses	25 9:00 Bone Builders 9:30 Knitters 10:30 Tai Chi Qigong 11:30 Ta Chi Falls Prevention 2:00 GOLDEN YEARS PRESENTATION	26 9:00-11 Coffee Hour 9:00 Mahjongg 10:30 Better Balance <i>Send your walking miles</i>	27
7:30 AA	 CENTER CLOSED MEMORIAL DAY HOLIDAY	30 9:00 Bone Builders 9:30 Art Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	31 National Senior Health & Fitness Day Wellness Fair 9-12:00 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 1:30 Great Courses		MAY IS OLDER AMERICANS MONTH	

Refer to the program descriptions for details