

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Men's Bskball 10:00 Canasta 12:00 Tai Chi 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:00 Italian Lessons 1:30 Line Dancing	2 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	3 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Guys & Dolls Presentation 12:30 Table Tennis 1:00 Nifty Knitters	4 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 10:30 Alzheimer's Care-giver Support Group 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	5 9:00 Low Impact Cardio-INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Pickleball
8 10:00 Men's Bsktball 10:00 Canasta 11:00 Home Energy Savings 12:00 Tai Chi 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:00 Italian Lessons 1:30 Line Dancing	9 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	10 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 12:30 Lower Back Pain & Sciatica Pain & Lunch 1:00 Nifty Knitters	11 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	12 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball 12:30 Sing-Along Route 66
15 10:00 Men's Bsktball 10:00 Canasta 11:00 Mothers Day Tea Party 12:00 Tai Chi 12:30 Table Tennis 1:00 Italian Lessons 1:30 Line Dancing	16 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:30 Table Tennis/NEW 1:00 Women's Circle	17 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 12:30 Fabulous 50s Party 1:00 Nifty Knitters	18 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 11:30 Pet Therapy 11:45 BP Screening 12:30 Table Tennis/NEW 12:20 Balance, Flex & Stretch—GENTLE 12:30 Movie 3:30 Tech Support	19 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Pickleball 12:30 Golden Classic Movie
22 10:00 Men's Bsktball 10:00 Canasta 10:30 Coffee/Bagels 11:00 Treasures of the Louvre 12:00 Tai Chi 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:00 Italian Lessons	23 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:00 Paper Collage Workshop 1:00 Women's Circle 1:30 Salsa Lessons	24 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters 1:00 Flower Arranging Class	25 10:00 Pickleball 10:00 Exp. Bridge 10:00 Free Paint 12:00 May Birthdays 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	26 9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball 1:00 NF Book Club
29  MEMORIAL DAY CENTER CLOSED	30 9:00 Balance, Flex & Stretch-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Fiction Book Grp 1:00 Women's Circle 1:30 Salsa Lessons	31 9:00 Chair Yoga/INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters 5:30 PM—Dinner Out @ Taste of Asia	 <div style="border: 1px solid black; padding: 5px; text-align: center;"> **GARDEN TOUR** SATURDAY, JUNE 3 10AM-4PM RAIN OR SHINE </div>	