

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 12:30 Lunch 1:00 Movie-Hacksaw Ridge 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>2 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>3 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:30 Hearing Screening 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p>4 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance class Canceled 3:00-3:45 Zumba</p>	<p>5 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 Entertainment by Tara 12:30 Delay the Disease</p>
<p>8 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Body Fat Analysis 11:00 Farmers' Market Demonstration 1:00 Movie-Song Catcher 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>9 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>10 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 11:30 Allergies 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg 1:30 & 2:45 S.H.I.P</p>	<p>11 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba</p>	<p>12 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 The Chant Tones 12:30 Delay the Disease</p>
<p>15 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class (new session) 10:30 Watercolor Art 12:30 Lunch 1:00 Movie-Moonlight 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>16 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>17 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p>18 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 12:30 Qigong 12:30 Colorful Creations 1:00 Investment Group 2:00 Balance Class (new session) 3:00-3:45 Zumba</p>	<p>19 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 Opera 12:00 B/P Screening 12:30 Delay the Disease</p>
<p>22 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance Class 11:00 "Coming to America" 12:30 Lunch 1:00 Movie-Jackie 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>23 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>24 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jong</p>	<p>25 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>26 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 Craig Satchell 12:30 Delay the Disease</p>
<p>29 Memorial Day Senior Center Closed</p> 	<p>30 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last session) 2:00 Talking About Books</p>	<p>31 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:00 Carpal Tunnel 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jong</p>	<p>OLDER AMERICANS MONTH</p> <p>"Age Out Loud"</p> 	