## **MAY 2024**

(609) 799-9068

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
		9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Mireille (activity room)	8:30 Strength - Lisa (activity room)
		10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
		(activity room)	11:00 Cardio - Mark (activity room)	09:30 Tai Chi - Hsueh (activity room)
		12:00 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
		2:50 International Ballroom (activity room)	1:00 Zumba - Vin (activity room)	11:00 Strength - Anna ZOOM
	7	3:15 Tech-Mate Program 8	9	10
:15 Walking – activity room)	8:30 Walking- (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
0:15 Yoga - Mireille activity room)	9:00 Spanish 1 - Nelida (library/ ZOOM)	9:15 Form & Function - Vin (activity room)	9:30 Yoga - Mireille (activity room)	8:30 Strength - Lisa (activity room)
1:00 Art of Oil Painting – akia (double classroom)	10:00 Spanish 2 - Nelida (library/ ZOOM)	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
1:30 Strength - Ed activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	10:00 Bone Density Screening 11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	09:30 Tai Chi -Hsueh (activity room)
:00 - 3:00 ession 5 - H.O.P.E.	1:15 Strength - Mark (activity room)	(activity room)  12:00 Duplicate Bridge	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
(library)		(double classroom) 2:50 International Ballroom	1:00 Zumba - Vin (activity room)	11:00 Strength - Anna ZOOM
		(activity room)		1:00 Opera Appreciation (activity room)
3	14	15	16	17
:15 Form & Function - elly activity room)	8:30 Strength - Kelly (activity room)	9:15 Form & Function - Kelly (activity room)	8:15 Total Body Toning- Vin (activity room)	8:00 Healthy Eating & Food Safety- Health Dept (lobby)
0:15 Yoga - Kelly	9:30 Qigong Demonstration - Mira (activity room)	SHIP Counselor 9:30, 10:45, 12:00	9:30 Yoga - Mireille (activity room)	8:15 Walking
activity room)  1:00 Art of Oil Painting -	9:00 Spanish 1 - Nelida (library / ZOOM)	9:00-3:00 AARP SAFE Driving Course (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	(double classroom) 8:30 Strength - Lisa
akia (double classroom) 1:30 Strength - Ed	10:00 Spanish 2 - Nelida (library/ ZOOM)	10:00 Balance – Anna ZOOM	11:00 Cardio - Linda (activity room)	(activity room) 9:30 Chinese Hour - Sylvia
(activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library)	10:00-12:00 Blood Pressure Screening	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double classroom)	(double classroom) 09:30 Tai Chi - Hsueh
	11:30 Chair, Stretch & Tone- Lisa (activity room)	2:50 International Ballroom (activity room)	1:00 Zumba - Vin (activity room)	(activity room) 10:45 Bollywood Dancing
	1:15 Strength - Mark (activity room)	3:15 Tech-Mate Program		(activity room)  11:00 Strength - Anna ZOOM
	(accivity room)			1:00
				Mercer County Surrogate Lecture (activity room)
20 0:15 Form & Function - Kelly	21 8:30 Strength - Kelly (activity room)	22 8:15 Walking (double classroom)	23 8:15 Total Body Toning - Vin (activity room)	24 8:15 Walking (double classroom)
activity room) 0:15 Yoga - Kelly	09:00 Spanish 1 - Nelida (library/ ZOOM)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Kelly (activity room)	8:30 Strength - Lisa (activity room)
activity room)  1:00 Art of Oil Painting -	10:00 Spanish 2- Nelida	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor -	9:30 Chinese Hour - Sylvia (double classroom)
akia (double classroom)	(library/ ZOOM)  11:30 Chair, Stretch & Tone	11:00 Chair Yoga - Ed (activity room)	Margaret (double classroom)  11:00 Cardio - Linda	09:30 Tai Chi - Hsueh
1:30 Strength - Ed activity room)	- Lisa (activity room) 1:15 Strength - Mark	12:00 Duplicate Bridge (double classroom)	(activity room) 1:00 Investment Group	(activity room)  10:45 Bollywood Dancing
l:00 - 3:00 Session 7 - H.O.P.E. (library)	(activity room)	2:50 International Ballroom (activity room)	(double classroom)  1:00 Zumba - Vin	(activity room) 11:00 Strength - Anna ZOOM
	20	20	(activity room)	24
7	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
MEMORIAL DAY REMEMBER & HONOR	09:00 Spanish 1- Nelida (library/ ZOOM)	9:00-12:00 Hearing Screening	9:30 Yoga - Kelly (activity room)	8:30 Strength - Lisa (activity room)
	10:00 Spanish 2 - Nelida (library/ ZOOM)	9:15 Form & Function - Kelly (activity room)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (library)
	11:30 Chair, Stretch & Tone - Lisa (activity room)	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
CENTAR CENTER	1:15 Strength - Mark	(activity room)	1:00 Investment Group	10:45 Bollywood Dance
SENIOR CENTER CLOSED	(activity room) 2:00 Book Club	12:00 Duplicate Bridge (double classroom)	(double classroom)  1:00 Zumba - Vin	(activity room)
CLOJLD	(library)	2:50 International Ballroom (activity room)	(activity room)	