


MAY 2024

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1	2	3
		8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Mark (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
6	7	8	9	10
9:15 Walking – (activity room) 10:15 Yoga – Mireille (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 5 – H.O.P.E. (library)	8:30 Walking- (activity room) 9:00 Spanish 1 – Nelida (library/ ZOOM) 10:00 Spanish 2 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Vin (activity room) 10:00 Balance – Anna ZOOM 10:00 Bone Density Screening 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi -Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM 1:00 Opera Appreciation (activity room)
13	14	15	16	17
9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 6 – H.O.P.E. (library)	8:30 Strength - Kelly (activity room) 9:30 Qigong Demonstration – Mira (activity room) 9:00 Spanish 1 – Nelida (library / ZOOM) 10:00 Spanish 2 - Nelida (library/ ZOOM) 10:00-12:00 Blood Pressure Screening 11:30 Chair, Stretch & Tone- Lisa (activity room) 1:15 Strength - Mark (activity room)	9:15 Form & Function – Kelly (activity room) SHIP Counselor 9:30, 10:45, 12:00 9:00-3:00 AARP SAFE Driving Course (double classroom) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	8:15 Total Body Toning- Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	8:00 Healthy Eating & Food Safety- Health Dept (lobby) 8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM 1:00 Surrogate Lecture (activity room)
20	21	22	23	24
9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 7 – H.O.P.E. (library)	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 – Nelida (library/ ZOOM) 10:00 Spanish 2- Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Kelly (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
27	28	29	30	31
 <p>SENIOR CENTER CLOSED</p>	8:30 Strength - Kelly (activity room) 09:00 Spanish 1- Nelida (library/ ZOOM) 10:00 Spanish 2 - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:00 Book Club (library)	8:15 Walking (double classroom) 9:00-12:00 Hearing Screening 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Kelly (activity room) 10:00 Art of Watercolor – Margaret (double room) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (library) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room)