MAY 2025

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
			9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
			10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
			11:00 Cardio - Vin	09:30 Tai Chi - Hsueh (activity room)
			(activity room) 1:00 Investment Group	10:45 Bollywood Dancing (activity room)
			(double classroom)	11:00 Strength - Anna ZOOM
			(activity room) \$\$	1:00 George & Eddie Music Concert (activity room)
9:15 Form & Function -	6 8:30 Strength - Kelly	7 8:15 Walking	8 8:30 Total Body Toning - Vin	9 8:15 Walking
Kelly (activity room)	(activity room) 09:00 Intermediate Spanish -	(double classroom) 9:15 Form & Function - Kelly	(activity room) 9:30 Yoga - Ria	(double classroom) 8:30 Strength - Lisa
10:15 Yoga - Kelly (activity room)	Nelida (library/ ZOOM) \$\$ 09:30 Yoga - Ria	(activity room) 9:30 Qigong	(activity room) 10:00 Art of Watercolor -	(activity room) 9:30 Chinese Hour - Sylvia
11:00 Art of Oil Painting - Zakia	(activity room)	(double classroom) 10:00 Balance - Anna ZOOM	Margaret (double classroom) \$\$	(double classroom)
(double classroom) \$\$ 11:30 Strength - Ed	10:00 Let's Learn & Create Art (double classroom)	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Vin (activity room)	09:30 Tai Chi - Hsueh (activity room)
(activity room)	10:00 Beginners Spanish -	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
1:00 - 3:00 Session 4 - H.O.P.E. (library)	Nelida (library/ ZOOM) \$\$ 11:30 Chair, Stretch & Tone	1:00 Strength - Vin	1:00 Zumba - Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
1:30 Drawing with	- Lisa (activity room)	(activity room) 2:50 International Ballroom		
Calligraphy- Margaret (double classroom) \$\$	42	(activity room)	1-	
9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
(activity room) 10:15 Yoga - Kelly	09:30 Yoga-Ria (activity room)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
<pre>(activity room) 11:00 Art of Oil Painting -</pre>	10:00 Bone Density Screening	9:30 Qigong (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (double classroom)
Zakia (double classroom) \$\$	09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$	SHIP Counselor 9:30, 10:45, 12:00	11:00 Cardio - Linda (activity room)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
1:00 - 3:00 Session 5 - H.O.P.E.	10:00 Medicare Fraud Lecture (double classroom)	11:45 Duplicate Bridge (double classroom)	1:00 Zumba – Vin	11:00 Strength - Anna
(library) 1:30 Drawing with	11:30 Chair, Stretch & Tone - Lisa (activity room)	1:00 Strength - Vin (activity room)	(activity room) \$\$	20014
Calligraphy- Margaret (double classroom) \$\$		2:50 International Ballroom (activity room)		
9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
(activity room) 10:15 Yoga - Kelly	09:30 Yoga - Ria (activity room)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
(activity room) 11:00 Art of Oil Painting -	09:00 Intermediate Spanish - Nelida (library/ZOOM) \$\$	10:00 Healthy Outlooks - Health Dept (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	09:30 Tai Chi - Hsueh (activity room)
Zakia (double classroom) \$\$ 11:30 Strength - Kelly	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
(activity room) 1:00 - 3:00	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double classroom)	11:00 Strength - Anna ZOOM
Session 6 - H.O.P.E. (library)		11:45 Duplicate Bridge (double classroom)	1:00 Zumba – Vin	
1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$		1:00 Strength - Vin (activity room) 2:50 International Ballroom	(activity room) \$\$	
26	27	(activity room) 28	29	30
20	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
MEMORIAL DAY REMEMBER & HONOR	09:30 Yoga - Ria (activity room)	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Linda (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
	09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$	9:30 Qigong (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$	09:30 Tai Chi - Hsueh (activity room)
SENIOR	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	10:00 Blood Pressure Screening	11:00 Cardio - Linda	10:45 Bollywood Dancing
CENTER CLOSED	11:30 Chair, Stretch & Tone -	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	(activity room) 1:00 Investment Group	(activity room) 11:00 Strength -Anna ZOOM
CLUJLU	Kelly (activity room) 2:00 Book Club -	(activity room) 11:45 Duplicate Bridge (double classroom)	(double class room) 1:00 Zumba - Vin	
	(library)	1:00 Strength - Vin (activity room)	(activity room) \$\$	
		2:50 International Ballroom		
	<u> </u>	(activity room)		<u> </u>