MAY 2025

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> 2
			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 (activity room)	09:30 Tai Chi - Hsueh (activity room)
			1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
			1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
			(activity room) \$\$	1:00 George & Eddie Music Concert (activity room)
5 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)	(double classroom) 9:15 Form & Function - Kelly	(activity room)	(double classroom)
10:15 Yoga – Kelly (activity room)	09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$	(activity room) 9:30 Qigong	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
11:00 Art of Oil Painting – Zakia	09:30 Yoga - Ria (activity room)	(double classroom) 10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$	9:30 Chinese Hour - Sylvia (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) 1:00 - 3:00	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dancing (activity room)
Session 4 - H.O.P.E. (library)	11:30 Chair, Stretch & Tone - Lisa (activity room)	1:00 Strength - Vin (activity room)	1:00 Zumba - Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy- Margaret (double classroom) \$\$		2:50 International Ballroom (activity room)		
12 9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	16 8:15 Walking (double classroom)
(activity room)	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)
(activity room)	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)
l1:30 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)
l:00 - 3:00 Session 5 - H.O.P.E. (library)	10:00 Medicare Fraud Lecture (double classroom)	11:45 Duplicate Bridge (double classroom) 1:00 Strength - Vin	1:00 Zumba - Vin (activity room) \$\$	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy- Margaret	11:30 Chair, Stretch & Tone - Lisa (activity room)	(activity room) 2:50 International Ballroom		
(double classroom) \$\$	20	(activity room)	22	23
0:15 Form & Function - Celly	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) L0:15 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) 1:00 Art of Oil Painting -	09:00 Intermediate Spanish - Nelida (library/ZOOM) \$\$	10:00 Healthy Outlooks - Health Dept	10:00 Art of Watercolor - Margaret (double classroom) \$\$	09:30 Tai Chi - Hsueh (activity room)
akia (double classroom) \$\$	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	(double classroom) 10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
(activity room)	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
Clibrary)	,,	11:45 Duplicate Bridge (double classroom)	1:00 Zumba - Vin (activity room) \$\$	
1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$		1:00 Strength - Vin (activity room) 2:50 International Ballroom		
26	27	(activity room) 28	29	30
MEMORIAL DAY	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
REMEMBER O NUMBER	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)
CENTOR	09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$	9:30 Qigong (double classroom) 10:00 Blood Pressure Screening	10:00 Art of Watercolor - Margaret (double classroom) \$\$	09:30 Tai Chi - Hsueh (activity room)
SENIOR CENTER	10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$	10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dancing (activity room)
CLOSED	11:30 Chair, Stretch & Tone - Kelly (activity room)	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double class room)	11:00 Strength -Anna ZOOM
	2:00 Book Club - (library)	11:45 Duplicate Bridge (double classroom)	1:00 Zumba - Vin (activity room) \$\$	
		1:00 Strength - Vin (activity room)		
		2:50 International Ballroom (activity room)		