

# MAY 2025

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			8:30 Total Body Toning - Vin (activity room)  9:30 Yoga - Ria (activity room)  10:00 Art of Watercolor - Margaret (double classroom) \$\$  11:00 Cardio - Vin (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 George & Eddie Music Concert (activity room)
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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 4 - H.O.P.E. (library)  1:30 Drawing with Calligraphy- Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room)  09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$  09:30 Yoga - Ria (activity room)  10:00 Let's Learn & Create Art (double classroom)  10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$  11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom)  9:15 Form & Function - Kelly (activity room)  9:30 Qigong (double classroom)  10:00 Balance - Anna ZOOM  11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge (double classroom)  1:00 Strength - Vin (activity room)  2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room)  9:30 Yoga - Ria (activity room)  10:00 Art of Watercolor - Margaret (double classroom) \$\$  11:00 Cardio - Vin (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
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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 5 - H.O.P.E. (library)  1:30 Drawing with Calligraphy- Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room)  09:30 Yoga-Ria (activity room)  10:00 Bone Density Screening  09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$  10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$  10:00 Medicare Fraud Lecture (double classroom)  11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom)  9:15 Form & Function - Kelly (activity room)  9:30 Qigong (double classroom)  SHIP Counselor 9:30, 10:45, 12:00  11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge (double classroom)  1:00 Strength - Vin (activity room)  2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room)  9:30 Yoga - Ria (activity room)  10:00 Art of Watercolor - Margaret (double classroom) \$\$  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
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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 - Kelly (activity room)  1:00 - 3:00 Session 6 - H.O.P.E. (library)  1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room)  09:30 Yoga - Ria (activity room)  09:00 Intermediate Spanish - Nelida (library/ZOOM) \$\$  10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$  11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom)  9:15 Form & Function - Kelly (activity room)  10:00 Healthy Outlooks - Health Dept (double classroom)  10:00 Balance - Anna ZOOM  11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge (double classroom)  1:00 Strength - Vin (activity room)  2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room)  9:30 Yoga - Ria (activity room)  10:00 Art of Watercolor - Margaret (double classroom) \$\$  11:00 Cardio - Linda (activity room)  1:00 Investment Group (double classroom)  1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (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
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
  <b>SENIOR CENTER CLOSED</b>	8:30 Strength - Kelly (activity room)  09:30 Yoga - Ria (activity room)  09:00 Intermediate Spanish - Nelida (library/ ZOOM) \$\$  10:00 Beginners Spanish - Nelida (library/ ZOOM) \$\$  11:30 Chair, Stretch & Tone - Kelly (activity room)  2:00 Book Club - (library)	8:15 Walking (double classroom)  9:15 Form & Function - Kelly (activity room)  9:30 Qigong (double classroom)  10:00 Blood Pressure Screening  10:00 Balance - Anna ZOOM  11:00 Chair Yoga - Ed (activity room)  11:45 Duplicate Bridge (double classroom)  1:00 Strength - Vin (activity room)  2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room)  9:30 Yoga - Linda (activity room)  10:00 Art of Watercolor - Margaret (double classroom) \$\$  11:00 Cardio - Linda (activity room)  1:00 Investment Group (double classroom)  1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (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