

MAY 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
	<p>1. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Oxford Main Street w/ Jane 4:30 Zumba</p>	<p>2. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 10:30-11:30 Rover Outreach 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>3. 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>4. 10-12 Cards/Games 10:30am Neighborhood Health w/ Linda 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>7. 10-11 Q&A/Tech Help 10-12 Cards/Games 10:30 Participants Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup 2-3 Q&A/Tech Help</p>	<p>8. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing 1:00 Make It-Take It 4:30 Zumba</p>	<p>9. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 7:00 Mother's Day Greeting Card Stamping</p>	<p>10. 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>11. SPRING BREAKFAST \$7 7AM –10AM 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>14. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 2:00-2:30 BeeFit Program</p>	<p>15. 9:00 Jane Freeman 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Bayada Arthritis 3:00 Board Meeting 4:30 Zumba</p>	<p>16. Birthday Party 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Dance Party w/ DJ Dave Miceli 7:00 Intro to Guided Meditation (at the Salt Hut, not at the center)</p>	<p>17. Center is Closed We are at the COUNTY SENIOR PICNIC & GAMES 9:00-2:30 You must be registered. Rain date: May 24</p>	<p>18. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>21. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2:00-2:30 BeeFit Program</p>	<p>22. 9:00 Jane Freeman 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games NO Practice Tai Chi 12:00 Lunch 1:00 Line Dancing 4:30 Zumba</p>	<p>23. 8:30-11:30 Paint Class 9:00-12 Reflexology 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1:00 Hearing Appointments w/Mike 2-3 Q&A/Tech Help 7:00 Medicare 101</p>	<p>24. Rain date for Senior Games 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>25. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Memorial Tree Service 6:30 Line Dancing</p>
<p>28. Center is Closed </p>	<p>29. 9:30-11:30 Crafts 10:00 SilverSneakers 10-12 Cards/Games NO Practice Tai Chi 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Cookie Bake Off 4:30 Zumba</p>	<p>30. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>31. 9:30-4:30 Dutch Apple Dinner Theater Trip 10:00 SilverSneakers 10-12 Cards/Games 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>Happy Mother's Day to all our Ladies Enjoy May 13th!!</p>

Rover Transportation Provided