

MAY 2024

SUN	MON	TUE	WED	THUR	FRI
			1	2	3
			10:00 Tai Chi w/Dee 11:30 Strength & Balance w/Cassie 12:45 Mahjong 6:30 pm Cornhole	9:00 Breakfast Club	9:30 Low Impact Aerobics w/Lisa 10:00 Rummikub 10:30 Chair Yoga w/Elaine 1:00 Canasta
5	6	7	8	9	10
	10:30 Body Conditioning w/Jess 1:00 Beginner Bridge 1:00 Pressed Flower Lantern Craft w/Kay & Danielle	9 -12 Municipal Agent, Dawn MacNutt 10:00 Cornhole 11:00 I-Phone Workshop 1:00 Silver Needles	10:00 Tai Chi w/Dee 11:30 Strength & Balance w/Cassie 12:45 Mahjong 6:30 pm Cornhole	12:00 Mother's Day Luncheon Guest Speaker: Lauren Henriques "Stroke Prevention"	9:30 Low Impact Aerobics w/Lisa 10:00 Rummikub 10:30 Chair Yoga w/Elaine 1:00 Canasta
12	13	14	15	16	17
	No Body Conditioning 1:00 Beginner Bridge	9 -12 Municipal Agent, Dawn MacNutt 10:00 Cornhole 11:00 I-Phone Workshop 1:00 Silver Needles	9:30-11:30 Hearing Life 10:00 Tai Chi w/Dee 11:30 Strength & Balance w/Cassie 12:45 Mahjong 1:00 Massage w/Jill 6:30 pm Cornhole	1:00 Smoothie Bar w/Ellen 	9:30 Low Impact Aerobics w/Lisa 10:00 Rummikub 10:30 Chair Yoga w/Elaine 1:00 Canasta
19	20	21	22	23	24
	10:30 Body Conditioning w/Jess 1:00 Beginner Bridge 1:00 "How to Improve Your Posture" w/Matt Petrovich of Ivy Rehab	9 -12 Municipal Agent, Dawn MacNutt 10:00 Cornhole 11:00 I-Phone Workshop 1:00 Silver Needles 1:00 BP Clinic (RVNA)	10:00 Tai Chi w/Dee 11:30 Strength & Balance w/Cassie 12:45 Mahjong 6:30 pm Cornhole		9:30 Low Impact Aerobics w/Lisa 10:00 Rummikub 10:30 Chair Yoga w/Elaine 1:00 Canasta
26	27	28	29	30	31
	CLOSED 	9 -12 Municipal Agent, Dawn MacNutt 10:00 Cornhole 11:00 I-Phone Workshop 12:30 Burnham Library 1:00 Silver Needles	10:00 Tai Chi w/Dee 11:30 Strength & Balance w/Cassie 12:45 Mahjong 1:00 Brain Games w/Danielle 1:00 Massage w/Jill 6:30 pm Cornhole	12:00 Lunch & Learn Dr. Rudy Magnan "New Paradigm for Mental Development"	9:30 Low Impact Aerobics w/Lisa 10:00 Rummikub 10:30 Chair Yoga w/Elaine 1:00 Canasta