


Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Caring Compan. 1:00 VITAS Support 3:00 German Convers. 7:00 Alzheimer's Caregiver Support Group	9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 2:00 It's Your Estate (5 of 8)	9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:45 Whole Foods Nutrition Series (3 of 4) 4:30 Karaoke Up!	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny <i>No Blood Pressure Checks today.</i>
8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group	9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 SeniorServ Bingo 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 2:00 It's Your Estate (6 of 8)	9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:15 Legal Aid 12:45 Whole Foods Nutrition Series (4 of 4)	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Help Yourself to Health 10:00 Photography & More 10:00 Korean Parkinson's Support Group 10:00 SeniorServ Mother's Day Celebration 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "The Best of Men" 1:00 Health: Knee/Hip Joint Replacements
8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group	9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 2:00 It's Your Estate (7 of 8)	9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 1:00 Senior Club Board Meeting	8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:00 Blood Pressure Checks 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny
8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health 9:30 CTAP Telephone Services 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group	9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:00 Heart Health Seminar 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance	8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 2:00 It's Your Estate (8 of 8)	9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:30 SeniorServ Birthdays 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Fences"
<b>Center Closed for Memorial Day Holiday</b>	Same as Tuesday, May 23, except: Add: 8:00 Flag Ironing Service Day Delete: Heart Health Seminar	Same as Wednesday, May 24, except: Add: 9:00 Farmers Market/Grove Trip Delete: Our World SeniorServ Bingo It's Your Estate		<b>May 2017</b>