

PROGRAM CALENDAR | May 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| R = RSVP \$ = fee | | 1 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Grp 1:00 Mahjong 1:00 Sound Bath Healing 3:00 Rejuvenating Yoga | 2 9:30 Tai Chi 10:00 Spanish Class 11:00 OWLS 11:00 Medicare 12:00 Pinochle 1:00 Current Events Grp1 (R) 1:00 Convo & Friendship Grp1 2:30 Yoga Strong Bodies 2:30 Current Events Grp2 (R) 3:30 - 5:30 Legal Assist (R) 7:00 Piano Bar (\$) | 3 8:30 - 5:00 Foot Care (R) (\$) 10:00 Balance & Strength 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Diabetic Grp (R) 1:00 Pickleball Injury Prevention |
| 6 8:30 - 4:30 Computer Lab 8:30 - 10:30 Haircuts (R) (\$) 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 3:00 Digital Discussions 5:45 Ham Radio Group 6:30 Quilters Grp | 7 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:00 Convo & Friendship Grp2 1:30 Chess Club 2:30 Hand Drumming 3:30 Cannabis 101 (R) 7:00 Westside Dance (R) (\$) | 8 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 Mahjong 1:30 Virtual Caregivers Support Grp (R) 3:00 Rejuvenating Yoga 4:00 Dressings with Chef Hayla (R) (\$) | 9 9:30 Tai Chi 10:00 Spanish Class 12:00 Pinochle 1:00 Empathy Hour 2:30 Yoga Strong Bodies | 10 10:00 Balance & Strength 10:00 Tech Talk 11:30 Hatha Yoga 12:30 Scrabble Club 1:00 Book Club |
| 13 8:30 - 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 2:30 cabi Fashion Show 3:00 Digital Discussions | 14 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:00 Coffee w/ Vets 12:30 Cribbage 1:30 Chess Club 2:00 Low Vision Group 2:30 Hand Drumming 7:00 Westside Dance (R) (\$) | 15 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Writing Group 1:00 10 Warning Signs of Alzheimer's (R) 1:00 Mahjong 3:00 Rejuvenating Yoga | 16 9:30 Tai Chi 10:00 Spanish Class 12:00 Pinochle 1:00 Current Event Grp1 (R) 1:00 Convo & Friendship Grp1 2:30 Yoga Strong Bodies 2:30 Current Events Grp2 3:30 - 5:00 Legal Assist (R) | 17 10:00 Balance & Strength 10:00 Tech Talk 11:30 Hatha Yoga 12:30 Scrabble Club 6:00 Rainbow Bingo (R) (\$) |
| 20 8:30 - 4:30 Computer Lab 10:00 Gentle Chair Yoga 11:00 Beg Line Dancing 12:00 Adv Line Dancing 12:30 Movies 1:00 Aging Well Grp (R) 1:00 UKES Sing-Along 3:00 Digital Discussions 6:30 Quilters Grp | 21 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 12:30 Cribbage 1:00 Convo & Friendship Grp2 1:30 Chess Club 2:30 Hand Drumming 7:00 Westside Dance (R) (\$) | 22 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Party Bridge 11:00 Journaling for Mindfulness 1:00 Mahjong 3:00 Rejuvenating Yoga | 23 9:30 Tai Chi 10:00 Spanish Class 12:00 Pinochle 1:00 Your Mind. Use the Tool or Be the Tool (R) 1:00 Empathy Hour 2:30 Yoga Strong Bodies | 24 10:00 Balance & Strength 10:00 Tech Talk 11:30 Hatha Yoga 12:30 Scrabble Club |
| 27 Closed for Memorial Day | 28 8:30 - 4:30 Computer Lab 9:00 Meditation 9:00 Sea Mar Community 9:30 Get Moving! 9:30 ESL Class 10:00 German 10:30 Exploring Art Class 11:30 Birthday Lunch (R) (\$) 12:30 Cribbage 1:30 Chess Club 2:30 Hand Drumming 2:30 - 4:00 Legal Assist (R) 7:00 Westside Dance (R) (\$) | 29 8:30 - 4:30 Computer Lab 10:00 Balance & Strength 10:00 Eye Cream Social (R) 10:00 Party Bridge 1:00 Mahjong 1:00 Sound Bath Healing 3:00 Rejuvenating Yoga | 30 9:30 Tai Chi 10:00 Spanish Class 10:00 Fabric Art Design (R) 12:00 Pinochle 1:00 Current Events Grp1 (R) 2:30 Yoga Strong Bodies 2:30 Current Events Grp2 (R) | 31 8:30 - 5:00 Dental Clinic (R) (\$) 10:00 Balance & Strength 10:00 Tech Talk 11:00 History Hour (R) (\$) 11:30 Hatha Yoga 12:30 Scrabble Club |