

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 11:00 Computer Lab 10:00 – 11:00 Gentle Yoga 10:30 – 11:30 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 3:00 – 4:30 Computer Lab 5:45 – 7:30 HAM Radio Group 7:00 – 9:00 Quilters Group</p>	<p>3</p> <p>9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 10:00 – 11:00 Conversational German 11:30 – 1:30 Transport Table Event: Hyde Shuttle 12:30 – 3:00 Cribbage 3:00 – 4:00 Rhythm & Hand Drumming</p>	<p>4</p> <p>9:00 – 9:30 Walking Wednesdays 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 6:00 – 8:00 Dance Time with Lauren</p>	<p>5</p> <p>9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Play Reading Class 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group 3:30 – 5:00 Legal Assistance with John Llewellyn 7:00 – 10:00 Piano Bar By appointment: Tech Programming</p>	<p>6</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 1:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Sunny Sprouts School 1:00 – 2:00 Diabetic Support Group By appointment: Tech Programming</p>
<p>9</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 11:00 Computer Lab 10:00 – 11:00 Gentle Yoga 10:30 – 11:30 Line Dancing 12:30 – 2:00 Celebrate Pride Writers Workshop 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 3:00 – 4:30 Computer Lab 3:15 – 5:00 OWLs 7:00 – 9:30 NW Accordion Society</p>	<p>10</p> <p>9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:00 – 1:00 Coffee with Vets 12:30 – 3:00 Cribbage 2:00 – 3:00 Low Vision Group 3:00 – 4:00 Rhythm & Hand Drumming</p>	<p>11</p> <p>9:00 – 9:30 Walking Wednesdays 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:00 Poetry Writing with Koon Woon 1:00 – 3:00 Mahjong 3:00 – 5:00 Living Deeply, Dying Well Workshop</p>	<p>12</p> <p>9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Play Reading Class 11:00 – 12:00 Medicare Presentation 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 6:00 – 9:00 Second Thursday Out By appointment: Tech Programming</p>	<p>13</p> <p>8:30 – 12:30 Foot Care Clinic 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 12:30 – 1:30 Scrabble Club 12:30 – 1:30 “Scan to Pay” Parking Tutorial 1:30 – 2:30 Book Club for Adventurous Readers By appointment: Tech Programming</p>
<p>16</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 11:00 Computer Lab 10:00 – 11:00 Gentle Yoga 10:30 – 11:30 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 3:00 – 4:30 Computer Lab 7:00 – 9:00 Quilters Group</p>	<p>17</p> <p>9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 3:00 – 4:00 Rhythm & Hand Drumming</p>	<p>18</p> <p>9:00 – 9:30 Walking Wednesdays 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 3:00 Mahjong 1:30 – 2:30 Caregivers Support Group 3:00 – 5:00 Living Deeply, Dying Well Workshop</p>	<p>19</p> <p>9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Play Reading Class 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group 3:30 – 5:00 Legal Assistance J. Llewellyn By appointment: Tech Programming</p>	<p>20</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care Clinic 10:00 – 11:00 Balance & Strength 12:00 – 5:00 COVID Booster Clinic 12:30 – 1:30 Scrabble Club By appointment: Tech Programming</p>
<p>23</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 11:00 Computer Lab 10:00 – 11:00 Gentle Yoga 10:30 – 11:30 Line Dancing 11:30 – 1:30 Transport Table Event: King Co. Metro 12:30 – 2:00 Celebrate Pride Writers Workshop 12:30 – 3:00 Movies 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 3:00 – 4:30 Computer Lab</p>	<p>24</p> <p>9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 11:45 – 12:30 Birthday Lunch 12:30 – 3:00 Cribbage 3:00 – 4:00 Rhythm & Hand Drumming</p>	<p>25</p> <p>9:00 – 9:30 Walking Wednesdays 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:00 Poetry Writing with Koon Woon 1:00 – 3:00 Mahjong 1:30 – 2:30 Cooking with Chef 3:00 – 5:00 Living Deeply, Dying Well Workshop</p>	<p>26</p> <p>9:00 – 10:30 Healing Touch 10:00 – 11:30 Play Reading Class 11:00 – 12:00 Tree Series with Al Rouyer 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 2:00 – 3:30 Medicare 1:1 with Patrice By appointment: Tech Programming</p>	<p>27</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Dental Care Clinic 10:00 – 11:00 Balance & Strength 12:30 – 1:30 Scrabble Club By appointment: Tech Programming</p>
<p>30</p> <p>MEMORIAL DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>31</p> <p>9:00 – 1:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Chair Qigong 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 2:30 – 4:00 Legal Assistance with Heather DeVrieze 3:00 – 4:00 Rhythm & Hand Drumming</p>			