

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Grp 1:00 – 3:00 Movies 5:45 – 7:30 HAM Radio Grp 6:30 – 9:00 Quilters Grp</p>	<p>2 8:30 – 5:00 Computer Lab 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 2:00 Dementia Legal Planning 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>3 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Grp 1:00 – 2:30 History Hour: Ukraine 1:00 – 3:00 Mahjong</p>	<p>4 9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:00 Spanish Class 10:30 – 3:30 Field Trip/SAM 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:30 Current Events Grp 3:30 – 5:00 Legal Assistance 5:00 – 6:00 Donor Appreciation Event 7:00 – 10:00 Piano Bar By appt: Tech Support</p>	<p>5 9:00 – 10:00 Enhance Fitness 9:00 – 5:00 Foot Care 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Diabetic Support Grp By appt: Tech Support</p>
<p>8 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Grp 1:00 – 3:00 Movies 3:00 – 4:30 Android Tech Learning 3:00 – 5:00 OWLS</p>	<p>9 8:30 – 5:00 Computer Lab 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:00 – 12:00 Coffee w/ Vets 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>10 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 2:30 History Hour: Vietnam 1:30 – 2:30 Virtual Caregivers Support Grp 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre</p>	<p>11 9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:00 Spanish Class 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:00 Conversation & Friendship Corner 6:00 – 9:00 Second Thursday Out! By appt: Tech Support</p>	<p>12 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:30 – 2:30 Book Club By appt: Tech Support</p>
<p>15 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Grp 1:00 – 3:00 Movies 3:00 – 4:30 Tech Talk 6:30 – 9:00 Quilters Grp</p>	<p>16 8:30 – 5:00 Computer Lab 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>17 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Grp 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre</p>	<p>18 10:00 – 11:00 Tai Chi 10:00 – 11:00 Spanish Class 11:00 – 12:30 Medicare 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:30 Current Events Grp 3:00 – 4:30 Queen for the Day Event 3:30 – 5:00 Legal Assistance By appointment: Tech Support</p>	<p>19 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care 10:00 – 11:00 Balance & Strength 11:00 – 3:00 Field Trip/White Ctr. 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appt: Tech Support</p>
<p>22 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Aging Well Group 1:00 – 3:00 Movies 3:00 – 4:30 IOS Tech Learning</p>	<p>23 8:30 – 5:00 Computer Lab 9:00 – 1:00 Sea Mar Community 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:30 – 12:45 Birthday Lunch 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>24 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 2:00 Creative Workshop for Caregivers 1:00 – 3:00 Mahjong 1:30 – 2:30 Virtual Caregivers Support Grp 3:00 – 5:00 Readers Theatre</p>	<p>25 10:00 – 11:00 Tai Chi 10:00 – 11:00 Spanish Class 11:00 – 12:30 Tree Talks 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:00 Conversation & Friendship Corner 5:00 – 6:00 Salads Cooking Class By appt: Tech Support</p>	<p>26 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appt: Tech Support</p>
<p>29 SENIOR CENTER CLOSED FOR MEMORIAL DAY</p>	<p>30 8:30 – 5:00 Computer Lab 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming 2:30 – 4:00 Legal Assistance</p>	<p>31 8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre</p>		