MAY CALENDAR

240-314-8800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30 Class Registration-Members 1	8:45-9:30 Yoga-lates on the ball* 2	8:30 Class Regsitration-Non Members 3	9-9:45 Total Conditioning* 4
	9-9:45 Strength Training*	9:50-10:50 Yoga for You*	9-9:45 Strength Training*	10-11a Yoga for You*
	10-10:50 Forever Fit*	10-12p PC Voice Commands*	10-10:50 Tai Chi*	10-12p Wii Bowling*
	Tai Chi*	English 1*	Forever Fit*	10-10:45 Belly Dance Basic*
	10-12p Excel*	English 4*	10-12p Excel*	11:15-12 Chi Gong*
	Watercolor Beg*	10-10:50 Easy Zumba*	English 2*	Easy Feet*
	English 2*	10:30-12 Police Academy*	English 3 Canceled*	12:15-1 Chi Gong*
	English 3 Canceled*	11-12p Chair Exercise*	Watercolor Adv.*	On your Feet*
	10:30-11:20 Piano Beg*	12:10-12:50 Balance Matters*	11-11:45 Pilates Basics*	1-2p Table Tennis Adv*
	11-12p Aerobic Workout*	12:30-1:20 Ukulele Beg*	11-12p Aerobic Workout*	1-3:15 Movie:Phantom Thread
	11:30-12:20 Piano Adv.*	1-2p Table Tennis Int.*	12:15-12:45 Walking Strong*	1:15-2:15 Arthritis Workout*
	12:15-12:45 Walking Strong*	1-2:30 Mah Jongg Beg*	1-2p Arthritis Foundation*	
	1-2p Arthritis Foundation*	1:15-2 On Your Feet*	1-2:30 Women Living Alone*	SATURDAY 5
	1-2:30 English Conversation*	1:30-2:20 Ukulele Int*	1-3p PC New Users*	10-11a Functional Training*
	Spring Cleaning*	1:30-3 Birthday party*	Watercolor Int*	11:15-12 Stretch with Ease*
	1-3p Tablet Pics to PC*	Senior Fit @ Lincoln park	1-3:15 Movie: Phantom Thread	
	Bridge Beg. II*	2:15-3:15 Aerobic Workout*	2:15-3 Pilates Int.*	
	Watercolor Int.*	5-6p Triple Challenge*	3:30-4:30 Afternoon Yoga Flow*	
	2:15-3 Hot Zumba Moves*		6:30-7:30 Soul Line Dance*	
	3-4p Carnation Players*		An American In Paris Trip*	
	3:30-4:30 Afternoon Yoga Flow*			
	5-5:45 Sr. Abs and Back*			
	6:30-7:30 Soul Line Dance*			
	7-8p Adult Children & Sr. Care*			
9-9:45 Total Conditioning* 7	9-9:45 Strength Training* 8	8:45-9:30 Yoga-lates on the ball* 9	9-9:45 Strength Training* 10	FRIDAY 11
10a International Day Mtg	10-10:50 Forever Fit*	9:50-10:50 Yoga for You*	10-10:50 Forever Fit*	9-9:45 Total Conditioning*
10-10:50 Easy Zumba*	Tai Chi*	10-10:50 Easy Zumba*	Tai Chi*	10-10:45 Belly Dance Basic*
10-12p Maintain Your Computer*	10-12p Excel*	10-12p Maintain Your Computer*	10-12p Excel*	10-11a Yoga for You*
English 1*	English 2*	English 1*	English 2*	10-12p Wii Bowling*
English 4*	English 3*	English 4*	English 3*	11:15-12 Easy Feet*
10:15-11:15 Invisible Man*	Watercolor Beg*	10:30-12 Police Academy*	Watercolor Adv.*	Chi Gong*
10:30-1 Diabetes Self Management*	10:30-11:20 Piano Beg*	11-12p Chair Exercise*	11-11:45 Pilates Basics*	12:15-1 Chi Gong*
11-12p Chair Exercise*	11:30-12:20 Piano Adv.*	Caribbrean Dance*	11-12p Aerobic Workout*	On your Feet*
Caribbrean Dance Basic*	11-12p Aerobic Workout*	12:10-12:50 Balance Matters*	12:15-12:45 Walking Strong*	1-2p Table Tennis Adv*
11:15-12 Triple Zen*	12:15-12:45 Walking Strong*	12:30-1:20 Ukulele Beg*	12:30-2 Spanish Beg.*	1-3p Movie: The Post
12-1p Alzheimer Support*	12:30-2 Spanish Beg.*	1-2p Table Tennis Int.*	1-2p Arthritis Foundation*	1:15-2:15 Arthritis Workout*
12:10-12:50 Forever Fit*	1-2p Arthritis Foundation*	All Things Vision*	1-2:30p Your Relationship with your Adult Children*	
12:45-2:45 Piecemaker's Club*	1-2:30 English Conversation*	1-2:30 Mah Jongg Beg*	1-3p Save & Find Documents*	SATURDAY 12
1-1:45 Yo-Chi & Balance*	Change:Accept or Resist*	1-3p Android Phone Basic*	Movie: The Post	10-11a Functional Training*
1-2p Table Tennis Beg*	Science Tuesday*	Spanish*	Watercolor Int*	11:15-12 Stretch with Ease*
Stress & Reduction*	1-3p Bridge Beg. II*	1:15-2 On Your Feet*	2:15-3 Pilates Int.*	
1-3p Android Phone Basic*	Watercolor Int.*	1:30-2:20 Ukulele Int*	3:30-4:30 Afternoon Yoga Flow*	
Spanish*	Using Thumb Drives*	1:30-3 Senior Fit	6:30-7:30 Soul Line Dance*	
1:30-3 Senior Fit	2:15-3 Hot Zumba Moves*	2:15-3:15 Aerobic Workout*		
3-4:15 ROGue Tennis*	3-4p Carnation Players*	5-6p Triple Challenge*		
5-6p Zumba Gold*	3:30-4:30 Afternoon Yoga Flow*			
6:30-7:30 Yoga Flow*	5-5:45 Sr. Abs and Back*			
	6:30-7:30 Soul Line Dance*			
9-9:45 Total Conditioning* 14	9-9:45 Strength Training* 15	8:45-9:30 Yoga-lates on the ball* 16	9-9:45 Strength Training* 17	FRIDAY 18
10-10:50 Easy Zumba*	10-10:50 Forever Fit*	9:50-10:50 Yoga for You*	10-10:50 Forever Fit*	9-9:45 Total Conditioning*
10-12p English 1*	Tai Chi*	10-10:50 Easy Zumba*	Tai Chi*	10-10:45 Belly Dance Basic*
English 4*	10-12p English 2*	10-12p Microsoft Word*	10-12p Excel II*	10-11a Yoga for You*
Microsoft Word*	English 3*	English 1*	English 2*	10-12p Wii Play*
10:30-1 Diabetes Self Management*	Excel II*	English 4*	English 3*	11:15-12 Easy Feet*
11-12p Chair Exercise*	Watercolor Beg*	10:30-12 Police Academy*	Watercolor Adv.*	Chi Gong*
Caribbrean Dance Basic*	10:30-11:20 Piano Beg*	11-12p Chair Exercise*	11-11:45 Pilates Basics*	12:15-1 Chi Gong*
11:15-12 Triple Zen*	11:30-12:20 Piano Adv.*	Caribbrean Dance*	11-12p Aerobic Workout*	On your Feet*
12-1p Alzheimer Support*	11-12p Aerobic Workout*	12:10-12:50 Balance Matters*	12:15-12:45 Walking Strong*	1-2p Table Tennis Adv*
12:10-12:50 Forever Fit*	12:15-12:45 Walking Strong*	12:30-1:20 Ukulele Beg*	12:30-2 Spanish Beg.*	1:15-2:15 Arthritis Workout*
12:45-2:45 Piecemaker's Club*	12:30-2 Spanish Beg.*	1-2p Table Tennis Int.*	1p Sr. Commission Mtg	
1-1:45 Yo-Chi & Balance*	1p RSI Mtg.	1:30-2:20 Ukulele Int*	1-2p Arthritis Foundation*	
1-2p Stress & Reduction*	1-2p Arthritis Foundation*	1:15-2 On Your Feet*	1-2:30 Women Living Alone*	SATURDAY 19
Table Tennis Beg*	1-2:30 Spring Cleaning*	1-3p Spanish*	1-3p Windows PC Backup*	10-11a Functional Training*
1-2:30 Music Enrichment w/Irv*	English Conversation*	Android Tablet Basic*	Watercolor Adv.*	11:15-12 Stretch with Ease*
1-3p Android Tablet Basic*	1-3p Bridge Beg. II*	1:30-3 Senior Fit	2:15-3 Pilates Int.*	
Spanish*	Watercolor Int.*	2:15-3:15 Aerobic Workout*	3:30-4:30 Afternoon Yoga Flow*	
1:30-3 Senior Fit	PC Infections*	5-6p Triple Challenge*	6-8p Art Reception	
3-4:15 ROGue Tennis*	2:15-3 Hot Zumba Moves*		6:30-7:30 Soul Line Dance*	
5-6p Zumba Gold*	3-4p Carnation Players*		Young In Heart Trip*	
6:30-7:30 Yoga Flow*	3:30-4:30 Afternoon Yoga Flow*			
	5-5:45 Sr. Abs and Back*			
	6:30-7:30 Soul Line Dance*			
9-9:45 Total Conditioning* 21	9-9:45 Strength Training* 22	8:45-9:30 Yoga-lates on the ball* 23	9-9:45 Strength Training* 24	FRIDAY 25
10-10:50 Easy Zumba*	10-10:50 Forever Fit*	9:50-10:50 Yoga for You*	10-10:50 Tai Chi*	9-9:45 Total Conditioning*
10-12p English 1*	Tai Chi*	10-10:50 Easy Zumba*	Forever Fit*	10-10:45 Belly Dance Basic*
English 4 Canceled*	10-12p English 2*	10-12p English 1*	10-11a Book Club*	10-11a Yoga for You*
Microsoft Word*	English 3*	English 4*	10-12p English 2*	10-12p Wii Play*
10:15-11:15 The Supreme Court*	Watercolor Beg*	11-12p Chair Exercise*	English 3*	11:15-12 Easy Feet*
11-12p Chair Exercise*	Excel II*	Caribbrean Dance*	Watercolor Adv.*	Chi Gong*
Caribbrean Dance Basic*	10:30a Trip Registration	11-1:30 Health Fair	Excel II*	12:15-1 Chi Gong*
11:15-12 Triple Zen*	10:30-11:20 Piano Beg*	12:10-12:50 Balance Matters*	10:30-12 Cruising the Eastern Meditarranean*	On your Feet*
12-1p Alzheimer Support*	11-12p Aerobic Workout*	12:30-1:20 Ukulele Beg*	11-11:45 Pilates Basics*	1-2p Table Tennis*
12:10-12:50 Forever Fit*	11:30-12:20 Piano Adv.*	1:30-2:20 Ukulele Int*	11-12p Aerobic Workout*	1:15-2:15 Arthritis Workout*
12:45-2:45 Piecemaker's Club*	12:15-12:45 Walking Strong*	1-2p Table Tennis Int.*	12:15-12:45 Walking Strong*	
1-1:45 Yo-Chi & Balance*	12:30-2 Spanish Beg.*	1-3p Avoiding Phone Scams*	12:30-2 Spanish Beg.*	
1-2p Table Tennis Beg.*	1-2p Arthritis Foundation*	Powerpoint*	1-2p A Heart to Heart*	
Stress & Reduction*	1-2:30 Change:accept or Resist*	Spanish*	Arthritis Foundation*	
1-3p Powerpoint*	English Conversation*	1:15-2 On Your Feet*	1-2:30 Relationship With Adult Children*	SATURDAY 26
Spanish*	1-3p Watercolor Int.*	1:30-3 Senior Fit	1-3p Watercolor Adv.*	10-11a Functional Training*
1:30-3 Senior Fit	Bridge Beg. II*	2:15-3:15 Aerobic Workout*	Email Basic*	11:15-12 Stretch with Ease*
1:30-3:30 Something Stirring II*	Avoiding Scams*	5-6p Triple Challenge*	2:15-3 Pilates Int.*	Hometown Holidays: May 26-28
3-4:15 ROGue Tennis*	2:15-3 Hot Zumba Moves*	Red Hat Trip*	3:30-4:30 Afternoon Yoga Flow*	
5-6p Zumba Gold*	3-4p Carnation Players*		6:30-7:30 Soul Line Dance*	
6:30-7:30 Yoga Flow*	3:30-4:30 Afternoon Yoga Flow*			
	5-5:45 Sr. Abs and Back*			
	6:30-7:30 Soul Line Dance*			
28	9-9:45 Strength Training* 29	8:45-9:30 Yoga-lates on the ball* 30	9-9:45 Strength Training* 31	**Ongoing Programs:**
	10-10:50 Tai Chi*	9:50-10:50 Yoga for You*	10-10:50 Tai Chi*	
	Forever Fit*	10-10:50 Easy Zumba*	Forever Fit*	TUESDAYS:
	10-12p English 2*	10-12p English 1*	10-11a Should I move*	· Helping Hands Knitting: 1-3p
	English 3*	English 4*	10-12p English 2*	· Pinochle Pursuit: 1-3:30p
	Watercolor Beg*	11-12p Chair Exercise*	English 3*	
	Using Function Keys*	Caribbrean Dance*	Watercolor Adv.*	WEDNESDAYS:
	10:30-11:20 Piano Beg*	12:10-12:50 Balance Matters*	Using Function Keys*	· Gift Shop Crafts 10a-12p
Building Closed	11-12p Aerobic Workout*	12:30-1:20 Ukulele Beg*	11-11:45 Pilates Basics*	· Drop in Bridge: 1p
	11:30-12:20 Piano Adv.*	1:30-2:20 Ukulele Int*	11-12p Aerobic Workout*	· Bingo 7p
	12:15-12:45 Walking Strong*	1-2p Table Tennis Int.*	12:15-12:45 Walking Strong*	
	12:30-2 Spanish Beg.*	1-3p Avoiding Phone Scams*	12:30-2 Spanish Beg.*	FRIDAYS:
	1-2p Arthritis Foundation*	Powerpoint*	1-2p A Heart to Heart*	· Chinese Lunch: 10-2
	1-2:30 English Conversation*	Spanish*	Arthritis Foundation*	· Drop in Chess: 10-12
	1-3p Using Right/Left Click*	1:15-2 On Your Feet*	1-3p Watercolor Adv.*	· Practice Lab for Beg: 10:30-12
	Watercolor Int.*	1:30-3 Senior Fit	Email Basic*	· Drop in Knockout Poker: 1-3
	Bridge Beg. II*	2:15-3:15 Aerobic Workout*	File Management*	· Drop in Bridge: 1:30
	2:15-3 Hot Zumba Moves*	5-6p Triple Challenge*	2:15-3 Pilates Int.*	
	3-4p Carnation Players*		3:30-4:30 Afternoon Yoga Flow*	MONDAY-FRIDAY:
	3:30-4:30 Afternoon Yoga Flow*		6:30-7:30 Soul Line Dance*	Fitness Club:
	5-5:45 Sr. Abs and Back*			M-Th: 7a-8p & Fri. 7a-7p
	6:30-7:30 Soul Line Dance*			*Hispanic Activities:10-12
				· Blood Pressure:10-12
				· Bocce Ball: T,TH, Sat., 10-11a
				*Lunch Served Daily: Noon
				Call 240-314-8810