

**May Special**  
**Events**

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All Wednesdays In May  
**Health First Will Be Providing**  
**Chair Yoga Classes @ 10:30**

Tuesday May 8<sup>th</sup>  
**10:00 FOOD DISTRIBUTION**

Tuesday May 15<sup>th</sup>  
**10:30 DOT/ Workshop:**  
**Falls Prevention**

Thursday May 17<sup>th</sup>  
**1:15 Mother's Day Party**

Tuesday May 22<sup>nd</sup>  
**-- 9:15 Outdoor Flea Mkt.**  
**-- 10:30 DOT/ Workshop**  
**Medicine Safety**

Thursday May 24<sup>th</sup>  
**9:00 Trip: Mt.Haven**

Friday May 25<sup>th</sup>  
**1:15 SUPER BINGO**

Monday May 28<sup>th</sup>  
**CENTER CLOSED: MEMORIAL DAY**

Tuesday May 29<sup>th</sup>  
**10:30 DOT/ Workshop**  
**Pedestrian Safety**

Wednesday May 30<sup>th</sup>  
**11:00 Nutrition Education**

**\*\* Reminder: Tuesday June 5<sup>th</sup>**  
**CONCERT: MARINE PARK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Knitting with Iona <b>1</b> 9:00 Billiards Instruction 10:00 VNS Blood Pressure 10:00 Arts & Crafts 10:00 Coffee & Tea 1:15 Bingo	9:00 Billiards Instr. <b>2</b> 10:00 Computer Class 10:00 Coffee & Tea <b>10:30 Health First/Chair Yoga</b> 1:15 Bingo	9:00 Billiards Instruction <b>3</b> 9:30 Knitting with Iona <b>9:30 Learn Spanish</b> 10:00 Coffee & Tea <b>10:30 Tai Chi</b> 1:15 Bingo	9:30 Billiards Instruction <b>4</b> <b>9:30 Senior Strollers</b> 10:00 Treadmill Exercise 10:00 Coffee & Tea 10:00 Coupon & Recipes 1:15 Bingo 1:30-3:30 ESL Class
9:00 Billiards Instruction <b>7</b> 10:00 Coffee & Tea 10:30 Treadmill Exercise <b>10:30 "ZUMBA" Exercise</b> 1:15 BINGO	9:00 Knitting with Iona <b>8</b> 9:00 Billiards Instruction <b>10:00 FOOD DISTRIBUTION</b> 10:00 VNS Blood Pressure 10:00 Arts & Crafts 1:15 Bingo	9:00 Billiards Instr. <b>9</b> 10:00 Computer Class 10:00 Coffee & Tea <b>10:30 Health First/Chair Yoga</b> 1:15 Bingo	9:00 Billiards Instruction <b>10</b> <b>9:30 Learn Spanish</b> 9:30 Knitting with Iona 10:00 Coffee & Tea <b>10:30 Tai Chi</b> 1:15 Bingo	9:00 Billiards Instruction <b>11</b> <b>9:30 Senior Strollers</b> 10:00 Treadmill Exercise 10:00 Coupon & Recipes 1:15 Bingo 1:30 – 3:30 ESL Class
9:00 Billiards Instruction <b>14</b> 10:00 Coffee & Tea 10:30 Treadmill Exercise <b>10:30 "ZUMBA" Exercise</b> 1:15 BINGO	9:00 Knitting with Iona <b>15</b> 9:00 Billiards Instruction 10:00 Coffee & Tea 10:00 Arts & Crafts 10:00 VNS Blood Pressure <b>10:30 DOT/Falls Prevention</b> 1:15 Bingo	9:00 Billiards Instruction <b>16</b> 10:00 Computer Class 10:00 Coffee & Tea <b>10:30 Health First/Chair Yoga</b> 1:15 Bingo	9:00 Billiards Instruction <b>17</b> <b>9:30 Learn Spanish</b> 9:30 Knitting w/ Iona 10:00 Coffee & Tea <b>10:30 "Tai Chi"</b> <b>1:15 Mother's Day Party</b> <b>Music by: D.J. Charles</b>	9:00 Billiards Instruction <b>18</b> <b>9:30 Senior Strollers</b> 10:00 Treadmill Exercise 10:00 Coffee & Tea 10:00 Coupon & Recipes 1:15 Bingo 1:30 – 3:30 ESL Class
9:00 Billiards Instruction <b>21</b> 10:00 Coffee & Tea 10:30 Treadmill Exercise <b>10:30: "ZUMBA" Exercise</b> 1:15 BINGO	9:00 Billiards Instruction <b>22</b> <b>9:15 Outdoor Flea Market</b> 10:00 Coffee & Tea 10:00 Arts & Crafts 10:00 VNS Blood Pressure <b>10:30 DOT/Medicine Safety</b> 1:15 Bingo	9:00 Billiards Instruction <b>23</b> 10:00 Computer Class 10:00 Coffee & Tea <b>10:30 Health First/Chair Yoga</b> 1:15 Bingo	<b>9:00 Trip/Mount Haven</b> 9:00 Billiards Instruction 9:30 Learn Spanish 9:30 Knitting w/Iona 10:00 Coffee & Tea 10:30 "Tai Chi" 1:15 Bingo	<b>9:00 Billiards Instruction</b> 9:30 Senior Strollers 10:00 Treadmill Exercise 10:00 Coffee & Tea <b>1:15 SUPER BINGO</b> 1:30 - 3:30 ESL Class
<b>CENTER</b> <b>28</b>  <b>CLOSED FOR</b>  <b>MEMORIAL DAY</b>	9:00 Billiards Instruction <b>29</b> 9:00 Knitting w/Iona 10:00 Coffee & Tea 10:00 Arts & Crafts 10:00 VNS Blood Pressure <b>10:30 DOT/ Pedestrian Safety</b> 1:15 Bingo	9:00 Knitting with Iona <b>30</b> 9:00 Billiards Instruction 10:00 Coffee & Tea 10:00 Computer Class <b>10:30 Health First /Chair Yoga</b> 11:00 Nutrition Education 1:15 Bingo	<b>Staff is always available to help you with: utility bills, prescriptions, access-a-ride, medicare benefits, disability, special services, etc...</b>	