

May 2024

Mon	Tue	Wed	Thu	Fri
		1 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	2 8:15 Senior Aerobics 9:00 Men's Fitness 9:30-12 Living Well w/Diabetes Class 1:00 Computer Help 1:00 Paper Crafting	3 9:00 Tai Chi 10:00 Meditation 10:00-1:00 Health Fair 10:00 Stained Glass 12:00 Bridge
6 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	7 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:30 Card Making 12:30 Bingo	8 9:00 Ogden Quilt Guild 10:00 Decorative Painting 10:00 Zumba Gold 10:30 Healthy Living for your Brain & Body 12:00 Bridge	9 8:15 Senior Aerobics 9:00 Men's Fitness 9:30-12 Living Well w/Diabetes Class John Ernst will perform at Lunch. 1:00 Computer Help 1:00 Paper Crafting	10 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
13 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 12:00 Bridge	14 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Foot Care Clinic 12:30 Bingo	15 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	16 8:15 Senior Aerobics 9:00 Men's Fitness 9:30-12 Living Well w/Diabetes Class 1:00 Computer Help 1:00 Paper Crafting	17 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
20 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	21 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:30 Card Making 12:30 Bingo	22 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge Dusty Roses will perform at Lunch	23 8:15 Senior Aerobics 9:00 Men's Fitness 9:30-12 Living Well w/Diabetes Class 1:00 Computer Help 1:00 Paper Crafting	24 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
27 <u>CLOSED</u>	28 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 12:30 Bingo	29 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	30 8:15 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help 1:00 Paper Crafting	31 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge