


May 2023

- Senior Wellness Library 9-3pm
- Coffee and Friends 9-10am
- Food Distribution Tues. 5-7pm & Thurs. 9-12pm
- Patty's Café 11-2 pm
- Fitness Center 9-3pm
- Women Veterans Program Tues. on Zoom at 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Group Exercise with Barbara-Chair yoga, Senior level</i></p>	<p>1 10-11A AFEP w/Misty 10-11A ArtReach 11:30-12:30 Eat Smart, Live Strong</p>	<p>2 Medicare w/Karina 9:30A Chair Yoga 10-11A Crafting W/Soledad 11:30-12:30P Bingocize</p>	<p>3 10-11A ArtReach 11:30-12:30P Bingocize 12P Rosary (English) 12:30P ESL 1P Bible Study</p>	<p>4 9:30A Chair Yoga 10:30A Crotchet Class 12P ArtReach 1P Rosary (Spanish)</p>	<p>5 Senior Food Box 9-11A 10A Cards W/ Sandy 12P Zumba</p>	<p>6</p>
<p><i>Zumba-Dance Exercise-Senior Level</i></p>	<p>8 10-11A AFEP w/Misty 10-11A ArtReach 11:30-12:30 Eat Smart, Live Strong</p>	<p>9 9:30A Chair Yoga 10-11A Crafting W/Soledad 11:30-12:30P Bingocize</p>	<p>10 10-11A ArtReach 11:30-12:30P Bingocize 12P Rosary (English) 12:30P ESL 1P Bible Study</p>	<p>11 9:30A Chair Yoga 10:30A Crotchet Class 12P ArtReach 1P Rosary (Spanish)</p>	<p>12 10A Mother's Day Tea 12P Zumba 1:30-2:30 Bingo</p>	<p>13</p>
<p><i>Bingocize is a combo of bingo exercise and nutrition education</i></p>	<p>15 10-11A AFEP w/Misty 10-11A ArtReach 11:30A Karaoke (Songs for Mom)</p>	<p>16 9:30A Chair Yoga 10-11A Crafting W/Soledad 11:30-12:30P Bingocize</p>	<p>17 10-11A ArtReach 11:30-12:30P Bingocize 12P Rosary (English) 12:30P ESL 1P Bible Study</p>	<p>18 9:30A Chair Yoga 10A Hurricane Prep. 10:30A Crotchet Class 12P ArtReach 1P Rosary (Spanish)</p>	<p>19 10A Cards W/ Sandy 10A Asian Pacific Heritage Presentation 12P Zumba</p>	<p>20 Food Fair 9:30A-12P</p> 
<p>AFEP- Arthritis Foundation Exercise Program is a fitness class for seniors.</p>	<p>22 10-11A AFEP w/Misty 10-11A ArtReach 11:30-12:30 Eat Smart, Live Strong</p>	<p>23 9:30A Chair Yoga 10-11A Crafting W/Soledad 11:30-12:30P Bingocize</p>	<p>24 10-11A ArtReach 11:30-12:30P Bingocize 12P Rosary (English) 12:30P ESL 1P Bible Study</p>	<p>25 9:30A Chair Yoga 10:30A Crotchet Class 10:30A Birthday Celeb. 12P ArtReach 1P Rosary (Spanish)</p>	<p>26 11:30A Movie Day! 12P Zumba</p>	<p>27</p>
<p>28 Mother's Day Tea- A Tea Party to celebrate Mom's!</p>	<p>29 Closed For Memorial Day Holiday</p>	<p>30 9:30A Chair Yoga 10-11A Crafting W/Soledad 11:30-12:30P Bingocize</p>	<p>31 10-11A ArtReach 11:30-12:30P Bingocize 12P Rosary (English) 12:30P ESL 1P Bible Study</p>	<p>Eat Smart, Live Strong- Nutritional education for older adults</p>	<p>Hurricane Preparedness- How to prepare for hurricane season with the Homeland Security & Emergency Management Team</p>	

