

**ONGOING ACTIVITIES**

**MAY SPECIAL ACTIVITIES** (Please Note: All classes are subject to change without prior written notice)

MONDAYS	
9-10 a.m.	+Moving to Music
10:30-11:20 a.m.	Chair Exercise
12:30-2 p.m.	Hawaiian Dance
12:30-2 p.m.	Ukulele
1-4 p.m.	Quilting
2-3 p.m.	Aloha Senior Crafts
6-7 p.m.	*Jazzercise Unlimited
TUESDAYS	
8:30-9:25 a.m.	*Jazzercise Unlimited
9-10 a.m.	+Tai Chi Qigong
9-10:30 a.m.	Blood Pressure
9:30-10:15 a.m.	*Jazzercise Lite
9:30-11:30 a.m.	Card Making
10 a.m.-2 p.m.	Bridge Contract
10:30 a.m.-12 p.m.	Adapted Seated Fitness
10:45 a.m.-12 p.m.	*Senior Yoga
1-2:30 p.m.	Adapted Fitness
1-3 p.m.	Knitting
1:30-3:30 p.m.	Painting for Enjoyment
2-3:30 p.m.	Current Events Group
6-6:30 p.m.	*Jazzercise Unlimited
WEDNESDAYS	
9-10 a.m.	Moving to Music
10 a.m.-2 p.m.	Bridge Contract
10:30-11:20 a.m.	Chair Exercise
12:30-2 p.m.	Hawaiian Dance
1-3 p.m.	Senior Round Table
1:30-4 p.m.	Table Tennis
6-7 p.m.	*Jazzercise Unlimited
THURSDAYS	
8:30-9:25 a.m.	*Jazzercise Unlimited
9:30-10:15 a.m.	*Jazzercise Lite
10:30 a.m.-2 p.m.	Bingo
10:45 a.m.-12 p.m.	*Senior Yoga
1-2 p.m.	+MELT
3-4 p.m.	+Tai Chi Qigong
6-7 p.m.	*Jazzercise Unlimited
FRIDAYS	
8:30-9:30 a.m.	*Jazzercise Unlimited
10 a.m.-2 p.m.	Bridge Contract
10:30 a.m.-12 p.m.	Play Reading
1-3 p.m.	Painting for Enjoyment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR KEY</b>				
*Fee based class. Please pre-register before attending the class at the front desk. ^By appointment only. Please register at the front desk, or over the phone. **Special Event/Trips/Community Day Trip - See front desk for details. +Presentations/Seminars/Recreation Activity - Please register at the front desk or online				
<p><b>6</b></p> <p>9-11 a.m. +Beginning Sewing Machine 12-1 p.m. Barbara Owens Artist Showcase 1:30-4 p.m. Table Tennis</p> <p><b>** Las Vegas Golden Nugget</b></p>	<p><b>7</b></p> <p>1-2:30 p.m. Veterans Social Group</p> <p><b>** Las Vegas Golden Nugget</b></p>	<p><b>8</b></p> <p>9-10 a.m. ^Notary Service 1-5 p.m. +Golden Age Games: Table Tennis</p> <p><b>** Las Vegas Golden Nugget</b></p>	<p><b>9</b></p> <p>9 a.m.-4 p.m. +Golden Age Games: Billiards 9:30 a.m.-12 p.m. ^ HICAP</p> <p><b>9:30-10:30 a.m. + Memory: Risk, Signs, &amp; Tips for Staying Sharp (HOAG)</b> 5-6:30 p.m. ^Legal Consultations</p>	<p><b>3</b></p> <p>8 a.m.-12 p.m. +Golden Age Games: Badminton 1-2:30 p.m. Alzheimer's Support Group</p>
<p><b>13</b></p> <p>9-11 a.m. +Beginning Sewing Machine 12:45-2:30 p.m. Movie Monday: <i>Christopher Robin</i></p>	<p><b>14</b></p> <p>1-2:30 p.m. Transition Support Group</p> <p><b>** Las Vegas Golden Nugget</b></p>	<p><b>15</b></p> <p>9-10 a.m. ^Notary Service 9:30-11:30 a.m. +Android Cell Phone Training</p>	<p><b>16</b></p> <p>8:45-11:15 a.m. **Heroes Hall 9:30 a.m.-12 p.m. ^ HICAP</p>	<p><b>10</b></p> <p>9:30-10:30 a.m. Senior Grocery Program 1-3 p.m. Poker</p>
<p><b>20</b></p> <p>9-11 a.m. +Beginning Sewing Machine 1-2 p.m. +Prescription Drugs &amp; Medical Cannabis 1:30-4 p.m. Table Tennis</p>	<p><b>21</b></p> <p>1-2:30 p.m. Veterans Social Group</p>	<p><b>22</b></p> <p>9:30-11:30 a.m. +iPhone Training</p> <p><b>No class: Table Tennis, Chair Exercise</b></p>	<p><b>23</b></p> <p>5-6:30 p.m. ^Legal Consultations</p>	<p><b>17</b></p> <p>10-11:30 a.m. Bunco 1-3 p.m. Poker</p>
<p><b>27</b></p> <p><b>MEMORIAL DAY</b> ★ ★ ★ <b>SENIOR CENTER CLOSED</b></p>	<p><b>28</b></p> <p>1-2:30 p.m. Transition Support Group</p>	<p><b>29</b></p> <p>9:30-11:00 a.m. +Build a Healthy Plate</p> <p><b>No class: Table Tennis</b></p>	<p><b>30</b></p> <p>10-11:30 a.m. +Decluttering</p>	<p><b>24</b></p> <p>9:30-10:30 a.m. Senior Grocery Program 1-3 p.m. Poker</p>
				<p><b>31</b></p> <p>10-11:30 a.m. Bunco 1-3 p.m. Poker</p>

**GOING GREEN**

The Senior Center will soon have a campaign to . . .

**SAVE THE EARTH, one cup at a time!**

*More details to come in the next issue!*



**Volunteer at Centennial Farm!**

Centennial Farm needs volunteers to guide elementary school children on educational tours. Centennial Farm is a three-acre working farm with over 50 animals and 100 seasonal crops. Minimal time commitment is one day a week from 9 a.m.-12:30 p.m., October through June. No experience is needed and training provided.



**FOR MORE INFORMATION CALL (714) 708-1619**