

May - Ongoing Weekly Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Balance Exercise Pilates Class	Tai Chi Beg	Balance Exercise Bridge Class Mah Jongg Class WOW Watercolor	Pilates Class	Balance Exercise
9:30a	Aging for Beginners Watercolor	Cribbage		Watercolor	
10:00a	Knit & Crochet	Fiber Arts SHIBA Tai Chi Adv		Pan	Basic Meditation
10:30a				Tap Dance	
11:00a	Seniorcise		Seniorcise	Stretch Yoga	Seniorcise Singing Bowls
12:00p			Beg Tap Dance	Bingo	Five Dollar Friday
12:30p	Chair Yoga		Tap Dance		Pilates
1:00p	Computer Clinic Fun Poker Ukulele		Bridge Language-Italian Mah Jongg	Beg Watercolor Scrabble Stretch Yoga	Fiber Arts Fun Poker Ping Pong Stitchery
1:30p		Ping Pong			
2:00p	Yoga				
2:30p			Language-Spanish		Sing-a-long
5:00p			Dance		

May - Non-Weekly and Special Events						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 230p Sing-a-long Discovery Memory Care	4 900a Quilters 1100a Watercolor
5	6	7 1000a Diabetes Support (Cancel for May) 1030a Essential Oils Natural Plant Based Living 1200p Luncheon 130p Advance Care Planning	8	9	10 230p Sing-a-long Avamere	11 900a Quilters 930a Old Time Fiddlers 1100a Watercolor 630p Bridge
12	13 100p Legal Clinic	14 200p Board Meeting	15	16	17 230p Sing-a-long Sherwood	18 1100a Watercolor
19 100p Accordion Social	20	21 1200p Luncheon 300p <i>Jeopardy!</i> (Cancel until Sep)	22	23	24 230p Sing-a-long Sequim Health & Rehab	25 900a Quilters 1100a Watercolor 630p Bridge
26	27 	28 100p Essential Oils Natural Plant Based Living	29 Fitness Day!	30	31	