


MAY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|---|--|---|---------------------------------|
| | | 1 9 am Advanced Art Workshop 12:30 pm Bingo Sponsored by UnitedHealthcare 1:30 Rummikub 2 pm NPL Computer Class-Google Apps Part 1 | 2 10 am Nutrition Class (last one) 10 am Mah Jong 1 pm Spanish Class <i>** No Nutrition</i> The Center will Close at 2 pm for an all staff Retreat | 3 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 Sing-Along Choir 1 pm Art Trunk Project 2 pm Bowling | 4 / 5 |
| 6 9:30 am Frist Museum Tour 12 pm American Mah Jong 1 pm Brain Games 1 pm Mastering the Art of Writing Class | 7 9 am Beginner's Art Class 10 am Bridge 10 am Tech Help (By Appointment Only) 10 am Mayor's Office Community Update Presentation 10 am Pet Community Center Mobile Unit 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers | 8 9 am Advanced Art Workshop 12:30 pm Bingo 1:30 Rummikub 2 pm Walgreens Health Presentation 2 pm NPL Computer Class-Google Apps Part 2 | 9 10 am Mah Jong 10:30 am Red Hat Trip 1 pm Spanish Class 2 pm Glitter Egg Craft Class | 10 9:30 am Tailgate Fridays 10 am Exercise Equipment Orientation 10 am Ukulele Lessons 11 Sing-Along Choir performs at Waterford in Hermitage 2 pm Beginner's Pool/Billiards Class | 11 / 12 |
| 13 11 am Program Committee 12 pm American Mah Jong 1 pm Brain Games 1 pm Writing Class (Last one) 2 pm Canvas Painting | 14 9 am Beginner's Art Class 10 am Bridge 10 am Digital Camera Club (2 nd Tues.) 10 am Avalon Hospice Presentation 11 am Frist Museum Presentation 11:15 am Summit Audiology (by appt.) 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers | 15 9 am Advanced Art Workshop 10:45 am Lunchbunch to Hugh Baby's 12:30 pm Bingo Sponsored by Groogan Insurance 1:30 pm Rummikub 2 pm NPL Computer Class -AARP and Medline Plus Websites 2:30 pm Senior Symposium | 16 7:30 am Brushy Mountain State Prison Trip 10 am Mah Jong 1 pm Spanish Class | 17 9:30 am Tailgate Fridays 10 am Personal Training Assessments (ONLY for those who attended last month's presentation) 10 am Ukulele Lessons 11:30 am Lunch & Learn—Dr. Belsante 11 am Sing-Along Choir 1 pm MyActiveCenter Training 2 pm Bowling | 18 / 19 |
| 20 12 pm American Mah Jong 10:30 Book Club 1 pm Brain Games 1 pm Writing Class 2 pm Pet Portrait Canvas Painting | 21 9 am Beginner's Art Class 10 am Bridge 10 am Computer Club (3 rd Tues.) 10 am Author Presentation 11 am iPad/Tablet Group (3 rd Tues.) 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers | 22 9 am Advanced Art Workshop 11 am Center Luncheon 12:30 pm Bingo Sponsored by Shipley's Donuts 1:30 pm Rummikub 2 pm NPL Computer Class-NPL Digitallearng.org | 23 9:30 am Grief and Loss Group (cards) 10 am Mah Jong 11:30 am Advisory Council Mtg. 1 pm May Birthday Party 1 pm Spanish Class 5 pm Supper Club to Anchor High Marina | 24 8:30 am Amish Tour Trip 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 am Sing Along Choir | 25 / 26 |
| 27 The Center is Closed!  <small>©wondercigarts.com</small> | 28 9 am Beginner's Art Class 10 am Bridge 10am - 12:30 pm "All of Us" Enrollments 1 pm Chess Club 2 pm Bridge Class 4 pm Texas Hold 'Em 5:30 pm Weight Watchers 6:45 pm Meet at Los Chilaquiles for Trivia | 29 9 am Advanced Art Workshop 12:30 pm Bingo Sponsored by The Waterford in Hermitage 1:30 pm Rummikub 2 pm NPL Computer Class-Everyday Useful Apps. | 30 10 am Mah Jong 10:45 am Mystery Lunch 1 pm Spanish Class | 31 9:30 am Tailgate Fridays 10 am Ukulele Lessons 11 am Sing Along Choir | |
| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
| 7:45 am Yoga with Richard ♥♥ 8:45 am Low Impact Aerobics ♥ 9:45 am Qi Gong ♥ 5:15 Yoga ♥♥ <small>♥Low; ♥♥Moderate; ♥♥♥High Intensity</small> | 8:15 am Adv. Strength Training ♥♥♥ 9:30 am Meditation ♥ 11 am Arthritis Foundation Class ♥ 12:15 pm Zumba Gold ♥♥ 1:30 pm Tai Chi ♥ 3 pm Beginners Strength Training ♥♥ | 8:15 am Walking Club-Meets at the Kohl's Greenway ♥♥ 8:45 am Low Impact Aerobics ♥ 9:30 am Line Dancing ♥♥ 11 am Beg. Line Dancing (8 weeks) 5:15 pm Yoga ♥♥ | 8:15 am Adv. Strength Training ♥♥♥ 11 am Arthritis Foundation Class ♥ 12:15 pm Zumba Gold ♥♥ 3 pm Beginners Strength Class ♥♥ | 7:45 am Yoga With Richard ♥♥ 8:45 am Low Impact Aerobics ♥ | 9 am Adv. Strength Training ♥♥♥ |