

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>Mondays:</b> 9:00 am Traditional Yoga 12:00 pm Quilting 12:30pm SilverSneakers (S.S.) Circuit 1:45 pm; SilverSneakers Stress Reduction & Restorative Breathing		<b>Tuesdays:</b> 9:00 am Tai-Chi 10:00 am S.S. Classic 1:00 pm Music Jam <b>Wednesdays:</b> 9:00 am Traditional Yoga 10:00 am S.S. Yoga Stretch 11:30 am Qigong 12:00 pm Crochet 12:30 pm S.S. Classic		<b>1</b>  <b>9:30</b> iPad Class <i>(sign-up required)</i>  <b>12:30</b> Art Trunk: <i>Dorothea Lange Documentary</i>	<b>2</b>  <b>10:00</b> Dementia Support Group  <b>CENTER CLOSSES AT 2:00 PM</b>	<b>3</b>  <b>10:00</b> Wisdom Writers	<b>4</b>
<b>5</b>  <b>CINCO de MAYO</b>	<b>6</b>  <b>10:00</b> Grief Support  <b>1:00</b> Bingo	<b>7</b>  <b>10:00</b> Bunco <b>10:30</b> BP <b>1:00</b> Reminisce <b>4:30</b> Nashville Philharmonic Trip	<b>8</b>  <b>9:30</b> Advisory Council  <b>9:30</b> iPad Class <i>(sign-up required)</i> <b>1:30</b> Art Trunk: Project	<b>9</b>  <b>10:00</b> Trip to Beacon Light Tea Room  <b>12:30</b> Karaoke	<b>10</b>  <b>12:00</b> Music Jam	<b>11</b>	
<b>12</b>  <b>MOTHER'S DAY</b>	<b>13</b>  <b>9:00</b> Second Sight  <b>10:30</b> Red Hats  <b>Deadline for Big Bingo Tickets</b>	<b>14</b>  <b>10:30</b> Elephant Sanctuary Presentation  <b>10:45</b> Audiology Appointments	<b>15</b>  <b>9:00</b> Legal Aid <b>9:30</b> iPad Class <i>(sign-up required)</i>  <b>9:30-NOON BUSINESS FAIR</b>	<b>16</b>  <b>T<sup>3</sup>- Trippin' Third Thursday!</b>  <b>11:30</b> BIG BINGO <i>(ticket required)</i>	<b>17</b>  <b>9:00</b> Trip to Miss Mary Bobo's <b>10:00</b> Wisdom Writers  <b>Deadline for Tasty Tuesday Tickets</b>	<b>18</b>  <b>NATIONAL ARMED FORCES DAY</b>	
<b>19</b>	<b>20</b>  <b>10:00</b> Grief Support <b>11:30</b> Mayor's Office Update <b>1:15</b> Trip to Music 4 Seniors	<b>21</b>  <b>10:00</b> Membership <b>10:30</b> BP Checks <b>11:30</b> TASTY TUESDAY <b>1:00</b> Travelous Trippers Trip Planning	<b>22</b>  <b>9:30</b> iPad Class <i>(sign-up required)</i>  <b>11:15</b> Art Trunk: Trip to the Frist	<b>23</b>  <b>7:30</b> Trip to Elder Expo <b>10:00</b> All of Us Enrollment <b>10:00</b> Walgreens Health Talk	<b>24</b>  <b>12:00</b> Music Jam	<b>25</b>	
<b>26</b>	<b>27</b>  <b>CENTER CLOSED For Memorial Day</b>	<b>28</b>  <b>10:30</b> BP & Glucose Checks <b>11:30</b> Volunteer Lunch <b>1:00</b> Bingo	<b>29</b>  <b>9:45</b> Hiking Club  <b>9:30</b> iPad Class <i>(sign-up required)</i>	<b>30</b>  <b>10:30</b> Senior Ride Presentation	<b>31</b>  <b>Thursdays:</b> 12pm Knitting 12:30 pm Classic 1:45 pm Gentle Yoga <b>Fridays:</b> 9am Trad. Yoga 11am Qigong 12:30pm Classic 1:00 pm Loose Caboose		