

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. Bridge 9:00-12:00 Card Crusaders 9:00-3:00 Total Fitness 9:15-10:15</p> <hr/> <p>Bridge 12:30-3:30 Beading Buddies 1:00-3:00pm</p>	<p>2. Massage Tai Chi: 9:00-10:00 Canasta: 9:30-12:00 Oil Painting: 9:30-12:00 Knitting/Billiards: 10-12 Yoga: 10:15 -11:30 Volunteer Appreciation 11:30 Center closes at 2:00</p>	<p>3. Stretch & Flex: 9:30-10:00 Freelance Painting: 10:30-3:30 Game Day: 11:00 -3:30 Freelance Bridge</p> <hr/> <p>Painting with Winer's Class 1:00pm-4:00pm</p>	4.
5.	<p>6. Pilates: 9:15-10:15 Card Crusaders: 9:00-3:00 Poker: 10:30-3:00</p>	<p>7. Massage Weight Watchers: 8:30-9:30 Scrabble: 9:30-12:00 Watercolor: 10:00-12:30 Billiards: 10:00-12:00 Book Club 10:30 Game Day: 11:00- 3:30 Martin Movers 1:15-2:00 10:30-11:30 Program Service Committee Meeting Cool Springs Brewery Happy</p>	<p>8. Bridge 9:00-12:00 Card Crusaders 9:00-3:00 Total Fitness 9:15-10:15</p> <hr/> <p>Bridge 12:30-3:30</p>	<p>9. Massage Tai Chi: 9:00-10:00 Canasta: 9:30-3:00 Oil Painting: 9:30-12:30 Knitting/Billiards: 10-12 Yoga: 10:15 -11:30</p> <hr/> <p>Open Studio: 1:00-3:30 Williamson Medical Center Lunch & Learn: Podiatry 11:30 -1:00</p>	<p>10. Stretch & Flex: 9:30-10:00 Freelance Painting: 10:30-3:30 Game Day: 11:00-3:30 Showtime: 1:00-3:30 Goodwill Hunting</p> <hr/> <p>Intro to Apple Products 10:00am-11:00am</p>	11.
12.	<p>13. Pilates: 9:15-10:15 Card Crusaders: 9:00-3:00 Poker: 10:30-3:00</p> <hr/> <p>Lunch & Learn Incontinence/ Bladder (11:30am-1:00pm)</p>	<p>14. Massage Weight Watchers: 8:30-9:30 Scrabble: 9:30-12:00 Watercolor: 10:00-12:30 Billiards: 10:00-12:00 Game Day: 11:00-3:30 Martin Movers 1:15-2:00</p>	<p>15. Bridge 9:00-12:00 Card Crusaders 9:00-3:00 Total Fitness 9:15-10:15</p> <hr/> <p>Bridge 12:30-3:30 "Foods that Work for You" 10:30- 11:30</p>	<p>16. Massage Tai Chi: 9:00-10:00 Canasta: 9:30-3:00 Oil Painting: 9:30-12:30 Knitting/Billiards: 10-12 Yoga: 10:15 -11:30 Open Studio: 1:00-3:30 Wine Tasting 4:00-6:00</p>	<p>17.</p> <hr/> <p>Friends Day (see newsletter for description)</p>	18.
19.	<p>20. Pilates: 9:15am-10:15am Card Crusaders: 9:00-3:00pm Poker: 10:30am-3:00pm</p> <hr/> <p>My Active Center: 9:30- 11:30</p>	<p>21. Massage Weight Watchers: 8:30-9:30 Scrabble: 9:30-12:00 Watercolor: 10:00-12:30 Billiards: 10:00-12:00 Game Day: 11:00-3:30</p> <hr/> <p>Potluck: 11:30-1:00pm: Bingo: 1:15pm Prepare for Care: Bankers Life by Jonathan Winkle 1:00pm- 2:00pm</p>	<p>22. Bridge 9:00-12:00 Card Crusaders 9:00-3:00 Total Fitness 9:15-10:15</p> <hr/> <p>Bridge 12:30-3:30</p> <hr/> <p>Drawing Class Barbara Johnson 1:00pm-3:00pm</p>	<p>23. Massage Tai Chi: 9:00-10:00 Canasta: 9:30-3:00 Oil Painting: 9:30-12:30 Knitting/Billiards: 10-12 Yoga: 10:15 -11:30</p> <hr/> <p>Open Studio: 1:00-3:30 Leiper's Fork Field Trip 9:00am-2:30pm</p>	<p>24. Stretch & Flex: 9:30-10:00 Freelance Painting: 10:30-3:30 Game Day: 11:00 -3:30 Showtime: 1:00-3:30 The Gil- more Girls</p> <hr/> <p>Lunch & Learn: Healthy and Active Aging 11:30-1:00pm</p> <hr/> <p>Advanced to Apple Products 11:00am-12:00pm</p>	25.
26.	<p>27.</p> <hr/> <p>Center Closed Memorial Day</p>	<p>28. Massage Weight Watchers: 8:30-9:30 Scrabble: 9:30-12:00 Watercolor: 10:00-12:30 Billiards: 10:00-12:00 Game Day: 11:00-3:30 Martin Movers 1:15-2:00</p> <hr/> <p>Miller's Ale House Brewery Happy Hour 4:00-5:00pm</p>	<p>29. Bridge 9:00-12:00 Card Crusaders 9:00-3:00 Total Fitness 9:15-10:15</p> <hr/> <p>Bridge 12:30-3:30</p>	<p>30. Massage Tai Chi: 9:00-10:00 Canasta: 9:30-3:00 Oil Painting: 9:30-12:30 Knitting/Billiards: 10-12 Yoga: 10:15 -11:30</p> <hr/> <p>Open Studio: 1:00-3:30 Lunch & Learn: Interventional Pain 12:00-1:00</p>	<p>31. Stretch & Flex: 9:30-10:00 Freelance Painting: 10:30-3:30 Game Day: 11:00 -3:30</p>	