

MAY

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 A.M. YOGA 1:00 P.M. PITCH	3 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT FOOT CLINIC	4 9:00 A.M. QI GONG 1:00 P.M. PITCH	5 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	6 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT 5:00 P.M. PITCH & POTLUCK
9 9:00 A.M. YOGA 1:00 P.M. PITCH	10 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES	11 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. PAUL SIEBERT	12 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	13 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
16 9:00 A.M. YOGA 1:00 P.M. PITCH	17 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	18 9:00 A.M. QI GONG 12:30 P.M. NUTRITION BINGO 1:00 P.M. PITCH	19 BREAKFAST 9:00 A.M. RESISTANCE BANDS 9:30 A.M. BREAKFAST-BINGO 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	20 8:30 or 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
23 9:00 A.M. YOGA 12:30 1:00 P.M. PITCH	24 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES	25 9:00 A.M. QI GONG 1:00 P.M. PITCH	26 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00-1:00 P.M. POTATO BAKE	27 8:30 a.m.or 9:30 a.m. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
30 CLOSED MEMORIAL DAY	31 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT			