

May 2024

MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> • 10-11 ZUMBA Gold • 10-12 Mahjong • 11:30 -12:30 Book Club (2nd Monday) May book: Making It So, Patrick Stewart • 1-3 My Story Project (2nd Monday) 	<ul style="list-style-type: none"> • 10-11 Strength & Balance • 11-12 Gentle Yoga / RM 12 • 1-2 Line Dancing Bliss 	<ul style="list-style-type: none"> • 10-11 ZUMBA Gold • 10 - 11 Tai Chi • 11-12:30 Women's Friendship Group RM 11 (2nd & 4th Wed) • 1-3 Life History Writing 	<ul style="list-style-type: none"> • 11-12 Nonfiction Book Club (3rd Thursday) May book: The Kingdom, the Power, and the Glory, Tim Alberta • 1-3 Fun Bridge 	<ul style="list-style-type: none"> • 12-3 Open Art / RM 11 • 1-3 Pinochle <p>SATURDAY</p> <ul style="list-style-type: none"> • 8am-9am - ZUMBA GOLD in Studio 2

WELLNESS PROGRAM IN BLUE. ALL CLASSES ARE HELD IN THE STUDIOS UNLESS NOTED. ALL CLASSES IN ROOM 12 UNLESS NOTED.
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Special Events: