


# MAY 2026

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 5 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish 1 - Nelida (library / ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library / ZOOM) \$\$ 10:00 Five Wishes Lecture (double classroom) 11:15 Chair, Stretch & Tone - Helen (activity room)	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:00 Meditation Class - Ed (activity room) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM  1:00 Sustainable Jazz Duo Music Concert
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 6 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish 1 - Nelida (library / ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library / ZOOM) \$\$ 10:00 Walking for Health & Happiness Lecture (double classroom) 11:15 Chair, Stretch & Tone - Helen (activity room)	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:00 Meditation Class - Ed (activity room) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$  1:00 Movie - Remarkably Bright Creatures (library)	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dancing (activity room)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 7 - H.O.P.E. (library) 1:30 Drawing with Calligraphy-Margaret (double classroom)	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish 1 - Nelida (library / ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library / ZOOM) \$\$ 10:00 Telephone Reassurance Program Lecture (double classroom) 11:15 Chair, Stretch & Tone - Helen (activity room) 1:00 Bingo	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 10:00 Balance Screening 11:00 Chair Yoga - Ed (activity room) 11:00 Blood Pressure Screening 11:45 Duplicate Bridge (double classroom) 12:00 Meditation Class - Ed (activity room) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
  <b>SENIOR CENTER CLOSED</b>	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish 1 - Nelida (library / ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library / ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 2:00 Book Club	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ria (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM  1:00 Kyson Chang Violin Concert