

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 Breakfast for Brain 9:30 Water Aerobics 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 12:30 Walking Club 12:30 Bridge Club 1:00 Refresher Bridge 1:15 Gentle Yoga</p> <p><i>Egg Roll in a Bowl</i></p>	<p>2</p> <p>9:00 Zumba 10:00 Fit Over 50 10:45 Caregiver Relief 1:00 Poker Game 1:00 Watercolor Class 6:30 Caregiver Relief</p> <p><i>Baked Ziti</i></p>	<p>3</p> <p>9:15 Breakfast for Brain 10:00 Silver Sneakers Functional Fitness 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Turkey Ham w/ Soup</i></p>	<p>4</p> <p>9:00 Zumba 10:00 Fit Over 50 10:00 Hearing Aid Help 10:00 Memory Café 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing & Knitting 2:00 Tai Chi</p> <p><i>Roast Beef</i></p>	<p>5</p> <p>9-1 Senior Living Expo 9:30 Water Aerobics 10:30 Line Dancing 1:00 Wii Games 1:00 Pinochle Club</p> <p><i>Herb Roasted Turkey</i></p>
<p>8</p> <p>9:15 Breakfast for Brain 9:30 Water Aerobics 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 10:45 Medicare Supplemental Plans 12:30 Walking Club 12:30 Bridge Club 1:00 Refresher Bridge 1:15 Gentle Yoga</p> <p><i>Veggie Deluxe Omelet</i></p>	<p>9</p> <p>9:00 Zumba 10:00 Fit Over 50 10:15 Advisory Committee 1:00 Watercolor Class 1:00 Poker Game</p> <p><i>Seafood Salad w/ Soup</i></p>	<p>10</p> <p>9:15 Breakfast for Brain 10:00 Silver Sneakers Functional Fitness 10:45 Living with Arthritis 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club 2-7 Talbots Fundraiser</p> <p><i>BBQ Pulled Chicken</i></p>	<p>11</p> <p>9:00 Zumba 10:00 Fit Over 50 10:45 PECO Smart Ideas 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing & Knitting 2:00 Tai Chi 6:30 Cookbook Club</p> <p><i>Honey Glazed Turkey</i></p>	<p>12</p> <p>9:30 Water Aerobics 10:30 Line Dancing 11:00 TED Talks 1:00 Pinochle Club</p> <p><i>Stuffed Chicken</i></p>
<p>15</p> <p>9:15 Breakfast for Brain 9:30 Water Aerobics 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 10:45 Jeopardy 12:30 Walking Club 12:30 Bridge Club 1:00 Refresher Bridge 1:15 Gentle Yoga</p> <p><i>Meatloaf</i></p>	<p>16</p> <p>CENTER CLOSED Municipal Primary</p>	<p>17</p> <p>9:15 Breakfast for Brain 10:00 Silver Sneakers Functional Fitness 10:30 Readers Club 10:45 What is Your Doctor Thinking? 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Creamy Tuscan Garlic Chicken</i></p>	<p>18</p> <p>9:00 Zumba 9:30 Veterans' Coffee Hour 10:00 Fit Over 50 10:00 Memory Café 10:45 Pizza and a Movie 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing & Knitting 2:00 Tai Chi</p> <p><i>Pizza</i></p>	<p>19</p> <p>9:30 Water Aerobics 10:30 Line Dancing 1:00 Wii Games 1:00 Pinochle Club</p> <p><i>Stuffed Cabbage Bowl</i></p>
<p>22</p> <p>9:15 Breakfast for Brain 9:30 Water Aerobics 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 10:45 Mind Matters 12:30 Walking Club 12:30 Bridge Club 1:00 Refresher Bridge 1:15 Gentle Yoga</p> <p><i>Crab Cake</i></p>	<p>23</p> <p>9:00 Zumba 9:00 Apprise-Medicare 10:00 Fit Over 50 1:00 Poker Game 1:00 Watercolor Class</p> <p><i>Egg Salad Platter w/ Soup</i></p>	<p>24</p> <p>9:15 Breakfast for Brain 10:00 Silver Sneakers Functional Fitness 10:45 Foot Care 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Chicken Cauliflower Cheddar Bake</i></p>	<p>25</p> <p>9:00 Zumba 10:00 Fit Over 50 10:00 Crafts with Katie 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing & Knitting 2:00 Tai Chi</p> <p><i>Manicotti w/ Meatballs</i></p>	<p>26</p> <p>9:30 Water Aerobics 10:30 Line Dancing 11:00 TED Talks 1:00 Pinochle Club</p> <p><i>Grilled Hawaiian BBQ Chicken</i></p>
<p>29</p> <p>CENTER CLOSED Happy Memorial Day!</p>	<p>30</p> <p>9:00 Zumba 10:00 Fit Over 50 1:00 Poker Game</p> <p><i>Cheeseburger</i></p>	<p>31</p> <p>SENIOR HEALTH & FITNESS DAY 9:15 Breakfast for Brain 10:00 SS/Func. Fitness 10:45 Fitness Celebration 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Eggroll in a Bowl</i></p>		