



<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 10:00 Blood Pressure Screening w/Barbara 1:00 Meditation w/Patricia 1:00 Line Dancing w/Kathy 1:00 Bridge Game	9:00 Low Impact Cardio w/Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow with Patricia	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 1:00 Crochet & Knit /The Happy Hookers	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/BettyJo & Carmela 10:30 Tai Chi with Spencer Gee 12:45 Bingo with Jennette & Linda 1:00 Bridge Game
<b>2</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 4 w/Sloan	<b>3</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 12:45 Bingo 1:00 Meditation w/Patricia 7:00 ZOOM Open Mic with Barbara & Ken	<b>4</b> 10:30 Mother's Day Picnic at Theodore Roosevelt Park (Ticket reservations required)  (Sorry, No Grab & Go Today)	<b>5</b> 11:30 Cinco de Mayo Celebration with Authentic Mexican style lunch 1:00 Water Colours—Butterfly Cards 2:00 Caregiver's Group with Ruth	<b>6</b> 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>9</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 5 w/Sloan	<b>10</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:15 Portledge School Choral & Instrumental w/Cate Dennehy & friends 12:45 Super Bingo	<b>11</b> 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 11:00 Carolyn Is Back with MedMinder 12:45 Bus to Stop & Shop 1:00 A Place To Call Home - TV Series	<b>12</b> 10:30 S.A.C. Meeting 11:15 Important Information Every Senior Should Know with Beth 1:00 Crochet & Knit /The Happy Hookers 2:00 LECOB Foodie Group with Chef Anthony & Crew	<b>13</b> 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>16</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 6 w/Sloan	<b>17</b> 10:00 Continuing Water Colours w/Alice 10:30 Exercise To Music w/Jill 11:30 Clear Caption Phones w/Patricia 12:45 Bingo 7:00 LIVE Open Mic Night with Barbara & Ken	<b>18</b> 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 12:45 Birthday Day 1:00 A Place To Call Home - TV Series 1:15 Bus to Stop & Shop	<b>19</b> 11:15 Food Storage Safety with Khy Ee from Cornell Cooperative 12:45 Craft Group with Sue & Margie 2:00 Caregiver's Group with Ruth	<b>20</b> 10:45 Trip to Roosevelt School for Inter-generational Program 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda 1:15 Hike w/John at the Trails as Sagamore Hill
<b>23</b> 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/Katherine 1:00 Stepping On Session 7 w/Sloan	<b>24</b> 10:00 Water Colour Studio 10:30 Exercise To Music w/Jill 11:15 Fighting Climate Change 12:45 Bingo 1:00 Meditation w/Patricia	<b>25</b> 10:00 Women of the Ages w/Beth 10:15 Stretch & Balance w/Gina 12:45 Bus to Stop & Shop 1:00 A Place To Call Home - TV Series	<b>26</b> <u>Memorial Day Bake Sale</u> <u>From 10:30am until 3:30pm</u> 12:45 Craft Group with Sue & Margie	<b>27</b> <u>Memorial Day Bake Sale</u> <u>From 10:30am until 3:30pm</u> 11:30 Memorial Day Remembrance with Local Veterans & Lunch 12:00 Piano Music by Joan 12:45 Bingo with Jennette & Linda
<b>30</b>  Center Closed Holiday	<b>31</b> 10:30 Exercise To Music w/Jill 12:45 Bingo 1:00 Meditation w/Patricia	<u>Calling All Bakers</u> We need volunteers to bake for our Memorial Day Bake Sale on 5-26 & 5-27. (Homemade cakes, pies, cookies, breads, brownies, pastries, muffins, and cupcakes, etc.)	Join Anthony on Saturday 5-14-22 at 1pm for <u>Homemade Mozzarella Class</u> (Price per person \$45 - includes samples and mozzarella to take home too) Please pre-register for class with Beth	F.Y.I. - The LECOB 45th Anniversary Dinner Dance was changed to Wednesday evening 8-24-22. Please save the date.