



<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/ Terri 10:00 Dance to Music with Paulette 11:00 Yoga Class w/Patricia 1:00 Stretch &amp; Balance w/Gina 6:00 Strength Training with John</p>	<p>9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Line Dancing w/Kathy</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch &amp; Balance w/Gina 11:00 Gentle Flow Yoga w/Patricia 5:00 Strength Training with John</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 5:00 <b>NEW Pilates</b> with Gina</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo &amp; Carmela &amp; SW Intern Melanie 10:30 Tai Chi w/Spencer Gee 1:00 Bridge Game</p>
<p>1 10:00 <b>Beginner Spanish</b> w/Alvero 11:00 Spanish Lesson with Alvero 1:00 <b>Choral Group</b> w/Theresa</p>	<p>2 10:00 Water Colours Painting Class 11:15 <b>Musical Performance</b> by Michele Purcell—A member of The Wheel House "7" Band 12:45 Bingo</p>	<p>3 12:45 <b>Trip - Shopping at Stop &amp; Shop</b> 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>4 11:00 <b>Final Breakfast For Your Brain</b> with Courtney 12:45 <b>Craft Group</b> with Sue &amp; Margie 1:00 Safe Space Group 5:00 <b>NEW Pilates</b> with Gina</p>	<p>5 11:30 Brain Games with Beth 11:45 <b>Cinco de Mayo</b> with an <b>Authentic Mexican Style Lunch</b> 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>8 10:00 <b>Beginner Spanish</b> w/Alvero 11:00 Spanish Lesson with Alvero 6:00 Strength Training with John</p>	<p>9 10:00 Water Colours Painting Class 11:15 <b>Family Feud</b> w/Carolyn Paladin 12:45 Super Bingo</p>	<p>10 12:45 <b>Spring Skin Care</b> w/Mary Sydell 12:45 <b>Trip - Shopping at Trader Joe's</b> 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>11 10:30 SAC Meeting 11:30 <b>Mother's Day Celebration Tea</b> (Ticket reservations requested) 2:00 Caregiver's Group with Ruth</p>	<p>12 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>15 10:00 <b>Beginner Spanish</b> w/Alvero 11:00 Spanish Lesson with Alvero 1:00 <b>Choral Group</b> w/Theresa 6:00 Strength Training with John</p>	<p>16 10:00 Water Colours Painting Class 11:00 <b>Healthy Living for Your Brain</b> with Katherine Martinez of Alzheimer's Association 12:30 Bingo 7:00 <b>Open Mic Night</b> 7:15 <b>Band Performance at OBHS</b></p>	<p>17 12:45 <b>Trip to Oheka Castle</b> with docent Vicki Metz 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p>18 11:15 <b>Nutritionist Khy Ee from Cornell Cooperative</b>—The Importance of Hydration 2:00 <b>Foodie Group</b> with Chef Anthony and Crew - <b>Tapas &amp; Wine Pairing</b> (Please register and pay Beth) 5:00 <b>NEW Pilates</b> with Gina</p>	<p>19 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo 4:30 <b>Social Singles</b> - Gathering at Theodore Roosevelt Park Bring refreshments for all and a beach chair</p>
<p>22 10:00 <b>Beginner Spanish</b> w/Alvero 11:00 Spanish Lesson with Alvero 6:00 Strength Training with John</p>	<p>23 10:00 Water Colours Studio 11:30 <b>Social Service Updates</b> with Beth 12:45 Bingo</p>	<p>24 11:00 <b>Scam Prevention</b> - with Ken Heino on behalf of Assemblyman Jake Blumencranz Office 12:45 <b>Birthday Day</b> 1:00 <b>Trip - Shopping at Big Lots</b> 5:00 Strength Training with John </p>	<p>25 10:30 <b>Memorial Day Bake Sale</b> until 3pm 12:45 <b>Colouring &amp; Tea</b> with Alice 2:00 Caregiver's Group with Ruth 5:00 <b>NEW Pilates</b> with Gina</p>	<p>26 10:30 <b>Memorial Day Bake Sale</b> 11:30 <b>Memorial Day Remembrance</b> w/ Veteran Guest Speaker's &amp; Lunch 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>29 <b>Center Closed Holiday</b></p>	<p>30 11:15 <b>Musical Performance</b> by Michele Purcell—A member of The Wheel House "7" Band 12:45 Bingo</p>	<p>31 11:00 <b>Strawberry Demo</b> with Mary 12:45 <b>Trip - Shopping at Target</b> 1:00 The Morning Show—TV Series 5:00 Strength Training with John</p>	<p><b>Save The Date for Festival of Baskets on Wednesday 6-21-23</b> We are now accepting BRAND NEW and regifted items to help plan our theme baskets for the festival (Sorry- No junk or used items please)</p> 	