


May

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Tai Chi Easy II 10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Appts 6:15 Circuit Training	2 <i>Haircuts @ OAH 20% off</i> 10:00 Zumba Gold 12:30 Poker Club 6:00 PiYo 7:00 Open/Lap Swim 7:15 Aqua Zumba	3 10:00 Qigong Class 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam 6:30 ALZHEIMER PRESENTATION 7:00 Line Dancing 7:00 Open/lap Swim	4 10:00 Shopping Market 32 10:00 Strength & Balance	5 9:00 Zumba Dance
7 ATLANTIC CITY TRIP 10:00 Chair Yoga 1:00pm Chair Volley Ball 6:30pm Zumba Dance 7:00 Open/Lap Swim	8 ATLANTIC CITY TRIP 10:00 Tai Chi Easy II 10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts. 6:15 Circuit Training	9 ATLANTIC CITY TRIP 10:00 Zumba Gold 12:30 Poker Club 6:00 PiYo 7:00 Open/Lap Swim 7:15 Aqua Zumba	10 10:00 Qigong Class 12:30 Pinochle 1:00 MOTHER'S DAY SPA 1:00 Bocce 2:30 Let's Jam 7:00 Line Dancing 7:00 Open/lap Swim	11 10:00 Shopping Walmart 10:00 Strength & Balance	12 9:00 Zumba Dance
14 8:30-11 Foot Care 10:00 Chair Yoga 11:15 Declutter Workshop 1:00 Chair Volley Ball 2:00 Reiki 6:30 Zumba Dance 7:00 Open/Lap Swim	15 10:00 Tai Chi Easy II 10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts. 6:15 Circuit Training 6:30 LIVING WITH DIABETES	16 10:00 Zumba Gold 12:00 SENIOR CENTER LUNCH 12:30 Poker Club 6:00 PiYo 7:00 Open/Lap Swim 7:15 Aqua Zumba	17 10-1 Chair Massage 10:00 Qigong class 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam 6:30 CRUISE INFO NIGHT 7:00 Line Dancing 7:00 Open/Lap Swim	18 10:00 Shopping Stop & Shop 10:00 Strength & Balance	19 9:00 Zumba Dance
21 8:00 Casino Trip 10:00 CHAIR YOGA 1:00 Chair Volley Ball 6:30 Zumba Dance 7:00pm Open Lap Swim	22 10:00 Tai Chi Easy II 10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts. 6:15 Circuit Training	23 10:00 Aging Commission 10:00 Zumba Gold 12:30 Poker Club 6:00 PiYo 7:00 Open/Lap Swim 7:15 Aqua Zumba	24 10:00 Qigong Class 11:15 LUNCH BUNCH 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam 7:00 Line Dancing 7:00 Open/Lap Swim	25 10:00 Shopping Big Y 10:00 Strength & Balance	26 8:30 STORMVILLE TRIP 9:00 Zumba Dance
28 Center Closed memorial DAY 	29 10:00 Tai-Chi Easy 10:00 Shoprite 10:00 Bocce 12:30 Bingo & Mahjong 1-4 Dr. Apts. 6:15 Circuit Training	30 10:00 Zumba Gold 12:30 Poker Club 6:00 PiYo 7:00 Open/Lap Swim 7:15 Aqua Zumba	31 10:00 Qigong Class 12:30 Pinochle 1:00 Bocce 2:30 Let's Jam 7:00 Line Dancing 7:00 Open/Lap Swim	10:00 Shopping Market 32 10:00 Strength & Balance	