



**MAY**  
**2025 SENIOR CENTER PROGRAMS**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>5/1</b> 9:00 <i>Zumba Gold</i> 9:30 <i>**Tech w/Ginny</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/2</b> 9:00 <i>Yoga</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
<b>5/5</b> 9:00 <i>Yoga</i> 9:30 <i>NIA</i> 10:00 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	<b>5/6</b> 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 12:00 <i>**Lunch – Mother's Day Luncheon</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/7</b> 9:30 <i>Beg Line Dance</i> 10:00 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 11:15 <i>Feldenkrais Method</i> 12:00 <i>Lunch Club 60</i> 1:15 <i>Get Fit &amp; Stress Less</i>	<b>5/8</b> 9:00 <i>Zumba Gold</i> 9:00 <i>**AARP Driver's Safety</i> 9:30 <i>**Tech w/Ginny</i> 10:30 <i>**Trip- Mr.Dominic's at the Lake</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/9</b> 9:00 <i>Yoga</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
<b>5/12</b> 9:00 <i>Yoga</i> 9:30 <i>NIA</i> 10:00 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	<b>5/13</b> 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 11:00 <i>**Cooking Class</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/14</b> 9:30 <i>Beg Line Dance</i> 10:00 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 11:15 <i>Feldenkrais Method</i> 12:00 <i>Lunch Club 60</i> 1:15 <i>Get Fit &amp; Stress Less</i>	<b>5/15</b> 9:00 <i>Zumba Gold</i> 9:00 <i>**AARP Driver's Safety</i> 9:30 <i>**Tech w/Ginny</i> 10:30 <i>**Movie - Maverick</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/16</b> 9:00 <i>Yoga</i> 9:30 <i>Craft Club</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
<b>5/19</b> 9:00 <i>Yoga</i> 10:00 <i>Arthritis Exercise</i> 12:00 <i>Lunch Club 60</i> 12:45 <i>Online Balance Class</i>	<b>5/20</b> 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 12:00 <i>**Lunch – Patriotic Pizza Party</i> 1:00 <i>Tai Chi</i>	<b>5/21</b> 9:30 <i>Beg Line Dance</i> 10:00 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 12:00 <i>Lunch Club 60</i> 1:15 <i>Get Fit &amp; Stress Less</i>	<b>5/22</b> 9:00 <i>Zumba Gold</i> 9:30 <i>**Tech w/Ginny</i> 10:00 <i>**Trip–Warplane Museum</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/23</b> 9:00 <i>Yoga</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>
<b>5/26</b>  <b>MEMORIAL DAY</b> <i>Community Center Closed</i>	<b>5/27</b> 9:00 <i>Zumba Gold</i> 10:30 <i>Balance</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/28</b> 9:30 <i>Beg Line Dance</i> 10:00 <i>Arthritis Fitness</i> 10:30 <i>Adv Line Dance</i> 11:00 <i>Ballgame (NO Lunch Club 60)</i> 1:15 <i>Get Fit &amp; Stress Less</i>	<b>5/29</b> 9:00 <i>Zumba Gold</i> 9:30 <i>**Tech w/Ginny</i> 1:00 <i>Tai Chi</i> 2:00 <i>Tai Chi (Adv)</i>	<b>5/30</b> 9:00 <i>Yoga</i> 12:00 <i>Lunch Club 60</i> 2:00 <i>Square Dancing</i>