

# May 2024

| Monday                                                                                                       | Tuesday                                                                                                                 | Wednesday                                                                                                                      | Thursday                                                                                                                                                      | Friday                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                              |                                                                                                                         | 1<br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                                               | 2<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>11:30am Run for the Roses Talk                                                       | 3<br>10:00am Yoga<br>11:30am Lunch<br>12:30pm Healthy Living for your Brain and body<br>7:30pm Opera                        |
| 6<br>10:00am Chair Exercise<br>11:30am Lunch<br>12:00pm Cards<br>1pm Cinco De Mayo after Party and Education | 7<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:00pm Older Americans Month Bingo Kick Off   | 8<br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                                               | 9<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:30pm PickleBall Basics<br>1:15pm PickleBall Play<br>(this is not open court time) | 10<br>10:00am Yoga<br>11:30am Lunch<br>12:30pm PickleBall Basics<br>1:15pm PickleBall Play<br>(this is not open court time) |
| 13<br>10:00am Chair Exercise<br>11:30am Lunch<br>11:30am Lunch and Learn<br>12:00pm Cards                    | 14<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:00pm Bingo                                 | 15<br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                                              | 16<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>11:30am Lunch and Learn                                                             | 17<br>10:00am Yoga<br>11:30am Lunch<br>11:30am Chronic Pain Presentation<br>12:00pm Eye Hand Coordination thru Dart Playing |
| 20<br>10:00am Salsa Dancing<br>11:30am Lunch<br>11:30am Name that Tune<br>12:00pm Cards                      | 21<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:30am Blood Pressure Check<br>11:30am Lunch<br>12:00pm Bingo | 22<br>10:00am Tai Chi<br>11:30am Lunch<br>11:30am Pa Health & Wellness Presentation<br>12:00pm Painting Class<br>12:00pm Cards | 23<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:30pm Nickel Bingo                                                                | 24<br>10:00am Yoga<br>11:30am Lunch<br>12:15pm Movie (TBA)<br>2:30pm Movie Discussion                                       |
| 27<br>Closed<br>Holiday                                                                                      | 28<br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:00pm Bingo                                 | 29<br>9:30am UPMC Healthy Expo<br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                  | 30<br>OPEN HOUSE<br>8:30am – 2:00pm                                                                                                                           | 31<br>10:00am Yoga<br>11:30am Lunch<br>12:00pm Eye Hand Coordination thru Dart Playing                                      |