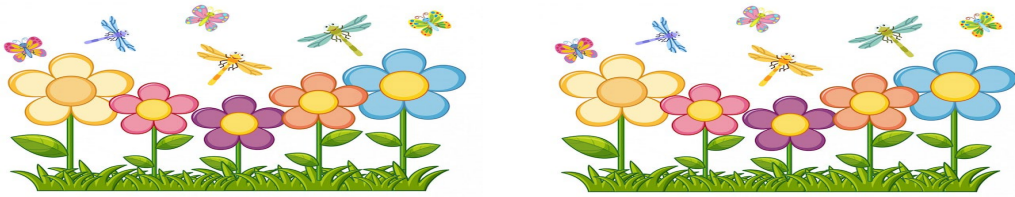



\*For special programs, priority is given to regular lunch participants.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
4	5	6	7	8
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 <b>Blood Pressure Clinic</b> 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ *Lunch with the Law  12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
11	12	13	14	15
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ Mother's Day Luncheon Entertainment: RSM Line Dancing	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
18	19	20	21	22
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 <b>Blood Pressure Clinic</b> 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:00 Coffee, Donuts & Medicare with Michael Lemus 10:30 Line Dancing w/Helen 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 <b>Art for All Ages (RSVP)</b> Sponsor: M. Lemus MyMedicarePlan 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
25	26	27	28	29
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 <b>Brain Health</b> with Marc Friedman	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:20 <b>Monthly Birthday Party</b> Sponsored by RSM Cares 12:45 Friday Flicks