



May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 NO SPANISH 10:30 Crochet 11:00 NO SPANISH 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	7:30 Mayor's Prayer Breakfast 8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:00 Cinco De Mayo Celebration 12:00 Phase 10
8	9	10	11	12
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Bingo sponsored by Vital Caring Group 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 NO TAI CHI 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:00 Coffee & Donuts with Mayor Lee at The Vault 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Mother's Day Breakfast 10:30 Hand & Foot 12:00 Phase 10
15	16	17	18	19
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$7 Lee Newman with Elite PT 12:00 Phase 10
22	23	24	25	26
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday 80 for Brady 1:30 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 NO TAI CHI 10:00 Spanish II 10:30 Crochet 1:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$4 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
29	30	31		
CITY HALL CLOSED IN OBSERVANCE OF MEMORIAL DAY	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge* 1:00 Art & Friends		

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Beading Beauties	Shell game bracelet. \$4 Fee goes directly to the instructor.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Bingo	It’s time to celebrate our May birthdays with a fun game of Bingo!
Book Club	<i>The Book of Lost Friends</i> by Lisa Wingate
Bridge	We have three Bridge groups active: Experienced Bridge Players, Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Cinco De Mayo Celebration	Join our friends with HomeCare Hospice for a Cinco De Mayo celebration! There will be great food and fun games!
Coffee & Donuts with Mayor Lee	Join us at The Vault for some special time with our mayor! Coffee and donuts will be served.
Hand and Foot, Phase 10, Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. No prior dance experience required. Great for beginners to Fred Astaires!
Luncheon	Lee Newman with Elite Physical Therapy will be our guest speaker. Menu: TBA Tickets \$7
Mother’s Day Breakfast	Let’s celebrate our Mothers! Join us for a Mother’s Day Breakfast with music and a beautiful Mother’s Day message.
Movie Monday 80 for Brady	The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Spanish I and Spanish II	Beginner Spanish for all those interested in learning a new language and exercising your brain.