

MAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May Outings:</p> <p>Bicentennial Gardens</p>	<p>1</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:30 Blood Pressure Checks</p> <p>9:45 Shopping</p> <p>9:00-11:00 HP Refugee Art Project</p> <p>10:00 Bingo</p> <p>12:00-4:30 Crafts with Betty</p>	<p>2</p> <p>9:15 Chair Yoga</p> <p>9:30 ESL Class</p> <p>9:45 Shopping</p> <p>9:45 Water Exercise (GAC) \$</p> <p>1:00 –3:00 Crochet/Knitting</p>	<p>3</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:30 Break fast Club \$- Jake's</p> <p>10:00 Book Club</p> <p>12:15-1:15 Tai Chi/Qigong \$</p>	<p>4</p> <p>9:30 Birthday Celebration</p> <p>10:00 Bilingual Bingo</p> <p>2:00-4:00 Bridge</p>
<p>7</p> <p>9:30 ESL</p> <p>9:30 AHOY Exercise w/ Chipper</p> <p>9:45 Shopping</p> <p>10:00 Water Exercise (GAC)\$</p> <p>10:00 Sewing Club</p> <p>10:30 Engage At Every Age</p> <p>12:30-2:00 ESL Class</p>	<p>8</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:45 Shopping</p> <p>9:00-11:00 HP Refugee Art Project</p> <p>10:00 Bingo</p> <p>12:00-4:30 Crafts with Betty</p>	<p>9</p> <p>9:15 Chair Yoga</p> <p>9:30 ESL Class</p> <p>9:45 Water Exercise (GAC) \$</p> <p>10:00 Stress Management Presentation</p> <p>1:00-3:00 Crochet/Knitting</p>	<p>10</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:45 Shopping</p> <p>10:00 Book Club</p> <p>12:15-1:15 Tai Chi/Qigong \$</p>	<p>11</p> <p>9:00 Bicentennial Gardens Day Trip \$</p> <p>10:00 Bilingual Bingo</p> <p>2:00-4:00 Bridge</p>
<p>14</p> <p>9:30 ESL</p> <p>9:30 AHOY Exercise w/ Chipper</p> <p>9:45 Shopping</p> <p>10:00 Storyteller, Sylvia Eglin</p> <p>10:00 Water Exercise (GAC)\$</p> <p>10:00 Sewing Club</p> <p>12:30-2:00 ESL Class</p>	<p>15</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:00-11:00 HP Refugee Art Project</p> <p>10:00 Bingo</p> <p>12:00-4:30 Crafts with Betty</p>	<p>16</p> <p>9:15 Chair Yoga</p> <p>9:30 ESL Class</p> <p>9:45 Shopping</p> <p>9:45 Water Exercise (GAC) \$</p> <p>12:00 Adult Coloring Group (Benjamin Pkwy)</p> <p>1:00-3:00 Crochet/Knitting</p>	<p>17</p> <p>9:15 Better Balance, Bigger Brains</p> <p>10:00 Blood Sugar Checks</p> <p>10:00 Book Club</p> <p>12:15-1:15 Tai Chi/Qigong \$</p>	<p>18</p> <p>10:00 Bilingual Bingo</p> <p>2:00-4:00 Bridge</p>
<p>21</p> <p>9:30 ESL</p> <p>9:30 AHOY Exercise w/ Chipper</p> <p>9:45 Shopping Trip</p> <p>10:00 Water Exercise (GAC)\$</p> <p>10:00 Forget Me Nots</p> <p>10:00 Advisory Council Meeting</p> <p>12:30 ESL Class</p>	<p>22</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:00-11:00 HP Refugee Art Project</p> <p>10:00 Bingo</p> <p>11:30-12:30 Backyard Game: Bucket Ball</p> <p>12:00-4:30 Crafts with Betty</p>	<p>23</p> <p>9:15 Chair Yoga</p> <p>9:30 ESL Class</p> <p>9:45 Shopping Trip</p> <p>9:45 Water Exercise (GAC) \$</p> <p>10:00-11:00 Backyard Game: Chair Volleyball</p> <p>11:30 Bingo w/Priscilla</p> <p>1:00-3:00 Crochet/Knitting</p>	<p>24</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:45 Break fast Club \$ Golden Coral</p> <p>10:00 Book Club</p> <p>12:15-1:15 Tai Chi/Qigong \$</p> <p>2:00 Adult Coloring Group (Benjamin Pkwy)</p>	<p>25</p> <p>10:00 Bilingual Bingo</p> <p>2:00-4:00 Bridge</p>
<p>28</p> <div style="text-align: center;">  <p>memorial DAY</p> </div> <p>Senior Center Closed</p>	<p>29</p> <p>9:15 Better Balance, Bigger Brains</p> <p>10:00 Bingo</p> <p>11:30-12:30 Backyard Game: Croquet</p> <p>12:00-4:30 Crafts with Betty</p>	<p>30</p> <p>9:15 Chair Yoga</p> <p>9:30 ESL Class</p> <p>9:45 Shopping</p> <p>9:45 Water Exercise (GAC) \$</p> <p>10:00-11:00 Backyard Game: Players' Choice</p> <p>1:00-3:00 Crochet/Knitting</p>	<p>31</p> <p>9:15 Better Balance, Bigger Brains</p> <p>9:45 Shopping Trip to Piedmont Triad Farmer's Market \$\$</p> <p>10:00 Book Club</p> <p>12:15-1:15 Tai Chi/Qigong \$</p>	

JUNE ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		June Outings: Seagrove Pottery * Grasshoppers Baseball		1 10:00 Bilingual Bingo 2:00-4:00 Bridge
4 9:30 ESL 9:30 AHOY Exercise w/ Chipper 9:45 Shopping 10:00 Water Exercise (GAC) \$ 10:00 Sewing Club 12:30-2:00 ESL Class	5 9:15 Better Balance, Bigger Brains 9:30 Blood Pressure Checks 10:00 Bingo Birthday Celebration 12:00-4:30 Crafts with Betty	6 9:15 Chair Yoga 9:30 ESL Class 9:45 Shopping 9:45 Water Exercise (GAC) \$ 10:00 Hoarding Presentation 1:00-3:00 Crochet/Knitting	7 9:15 Better Balance, Bigger Brains 9:30 Break fast \$-Jesse's 10:00 Book Club 12:15-1:15 Tai Chi/Qigong \$	8 10:00 Bilingual Bingo 2:00-4:00 Bridge
11 9:30 ESL 9:30 AHOY Exercise w/ Chipper 9:45 Shopping 10:00 Water Exercise (GAC) \$ 10:00 Sewing Club 12:30-2:00 ESL Class	12 9:15 Kings Pottery Day Trip \$ 9:15 Better Balance, Bigger Brains 10:00 Bingo 12:00-4:30 Crafts with Betty	13 9:15 Chair Yoga 9:30 ESL Class 9:45 Water Exercise (GAC) \$ 10:00 Backyard Games: Cornhole 1:00-3:00 Crochet/Knitting	14 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15-1:15 Tai Chi/Qigong \$	15 10:00 Bilingual Bingo 2:00-4:00 Bridge
18 9:30 ESL 9:30 AHOY Exercise w/ Chipper 9:45 Shopping 10:00 Water Exercise (GAC) \$ 10:00—Forget Me Nots 12:30-2:00 ESL Class	19 9:15 Better Balance, Bigger Brains 10:00 Bingo 12:00—4:30 Crafts with Betty	20 9:15 Chair Yoga 9:30 ESL Class 9:45 Shopping 9:45 Water Exercise (GAC) \$ 11:30 Bingo with Priscilla 1:00-3:00 Crochet/Knitting	21 9:15 Better Balance, Bigger Brains 9:30 Break fast \$-Jake's 10:00 Blood Sugar Checks 10:00 Book Club 12:15-1:15 Tai Chi/Qigong \$	22 10:00 Bilingual Bingo 2:00-4:00 Bridge
25 9:30 ESL 9:30 AHOY Exercise w/ Chipper 9:45 Shopping 10:00 Water Exercise (GAC) \$ 10:00 Red Hats 12:30-2:00 ESL Class	26 9:15 Better Balance, Bigger Brain 9:45 Shopping Trip to Piedmont Triad Farmers' Market \$\$ 10:00 Bingo 11:15-3:30 Grasshoppers 12:00-4:30 Crafts with Betty	27 9:15 Chair Yoga 9:30 ESL Class 9:45 Shopping 9:45 Water Exercise (GAC) \$ 10:00 Backyard Games: Bucket Ball 1:00-3:00 Crochet/Knitting	28 9:15 Better Balance, Bigger Brains 10:00 Book Club 12:15-1:15 Tai Chi/Qigong \$	29 10:00 Bilingual Bingo 2:00-4:00 Bridge