

# May 2022 Program Calendar

Programs shown were scheduled at the time of printing. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for Grab & Go AND Indoor Lunches as well as all Virtual Classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>9:15</b> Tai Chi (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>12:30pm</b> Mindful Meditation <b>1:00pm</b> Bingo for Bucks <b>1:30pm</b> Art Class (\$3)	<b>3</b> <b>9:00-11:00</b> Haircuts (by appointment only) <b>9:30</b> Group Trivia <b>10:00</b> Stamp Club <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Integrated Exercise for Seniors <b>1:30pm</b> Zumba Gold (\$3)	<b>4</b> <b>9:15</b> Tai Chi (\$3) <b>9:30</b> Coloring for Calmness <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:30pm</b> Calendar Mtg. <b>2:00pm</b> Grief Support <b>5:30pm</b> Zumba Gold (\$3)	<b>5</b> <b>9:00</b> Wood Carving <b>9:30</b> Blood Pressure Screenings <b>9:30</b> Stitch & Chat <b>10:30</b> Integrated Exercise for Seniors <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Help Yourself to Healthy Living: 911 Stroke! <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>6</b> <b>9:00</b> Walking and Weights (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Movie Matinee <b>6:00pm</b> Trivia with Colleen
<b>9</b> <b>9:15</b> Tai Chi (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>12:30pm</b> Mindful Meditation <b>1:00pm</b> Bingo for Bucks <b>1:30pm</b> Art Class (\$3)	<b>10</b> <b>9:30</b> Group Trivia <b>10:30</b> Storytime with Josephine <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Integrated Exercise for Seniors <b>1:30pm</b> Zumba Gold (\$3)	<b>11</b> <b>9:15</b> Tai Chi (\$3) <b>9:30</b> Coloring for Calmness <b>10:30</b> Writer's Club <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Spring & Summer Salads Cooking Demo <b>2:00pm</b> Grief Support <b>5:30pm</b> Zumba Gold (\$3)	<b>12</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>10:30</b> Integrated Exercise for Seniors <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>13</b> <b>9:00</b> Walking and Weights (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Movie Matinee <b>2:30pm</b> Happy Hour
<b>16</b> <b>9:15</b> Tai Chi (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>12:30pm</b> Mindful Meditation <b>1:00pm</b> Bingo for Bucks <b>1:30pm</b> Art Class (\$3)	<b>17</b> <b>Encore is a Polling Station for Voting</b> <b>NO LUNCH TODAY</b> <b>9:00-11:00</b> Haircuts (by appointment only) <b>9:30</b> Group Trivia <b>10:30</b> The Gathering <b>1:00pm</b> Integrated Exercise for Seniors	<b>18</b> <b>9:15</b> Tai Chi (\$3) <b>9:30</b> Coloring for Calmness <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>2:00pm</b> Bingo Raffle with The Birches at Harleysville <b>2:00pm</b> Grief Support <b>5:30pm</b> Zumba Gold (\$3)	<b>19</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>10:30</b> Integrated Exercise for Seniors <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Bridge <b>1:30pm</b> Spring Forward with Positive Thinking and Doing Presentation <b>1:30pm</b> Tone & Balance (\$3)	<b>20</b> <b>9:00</b> Walking and Weights (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Cooking Class with Chef Cindie: National Egg Month <b>1:00pm</b> Movie Matinee <b>2:30pm</b> Happy Hour
<b>23</b> <b>9:15</b> Tai Chi (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>12:30pm</b> Mindful Meditation <b>1:00pm</b> Bingo for Bucks <b>1:30pm</b> Art Class (\$3)	<b>24</b> <b>9:30</b> Group Trivia <b>10:30</b> The Gathering <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Integrated Exercise for Seniors <b>1:30pm</b> Zumba Gold (\$3)	<b>25</b> <b>9:15</b> Tai Chi (\$3) <b>9:30</b> Coloring for Calmness <b>10:30</b> Writer's Club <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Free Hearing Screening with Miracle Ear <b>2:00pm</b> Grief Support <b>5:30pm</b> Zumba Gold (\$3)	<b>26</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>10:30</b> Integrated Exercise for Seniors <b>12:00-1:00pm</b> <b>Lunch Indoor Dining</b> <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>27</b> <b>9:00</b> Walking and Weights (\$3) <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Movie Matinee <b>2:30pm</b> Happy Hour
<b>30</b> <b>CLOSED</b> <b>Memorial Day</b>	<b>31</b> <b>9:30</b> Group Trivia <b>10:30</b> The Gathering <b>12:00-1:00pm</b> <b>Grab and Go Lunch</b> <b>1:00pm</b> Integrated Exercise for Seniors <b>1:30pm</b> Zumba Gold (\$3)	<b>Cooking with Chef Cindie</b> <b>May 20 at 1:00pm</b> <b>National Egg Month</b> 	 <b>Free Hearing Screenings</b> <b>May 25 from 1:00-3:30pm</b>	 <b>Spring Forward To Positive Thinking and Doing!</b> <b>May 19 at 1:30pm</b>