



Monday	Tuesday	Wednesday	THURSDAY	FRIDAY
8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.
8:30-5 Play Pool, Ping-Pong	8:30-5 Play Pool, Ping Pong	8:30-5 Pool, Ping Pong	8:30-5 Pool, Ping Pong	8:30-5 Open Tech Lab
8:30-5 Tech Lab Open	8:30-5 Open Tech Lab	9 :00 Café/Breakfast	8:30-5 Tech Lab Open	8:30-5 Pool, Ping Pong
9:00 Café/ Breakfast	9 :00 Café/Breakfast	9 :00 Knit & Crochet	9 :00 Café/Breakfast	9 :00 Café/Breakfast
9:30 Stretch/Strength	9 :00 Walking Group	9:15 Silver Sneakers	9 :00 Walking Group	9:30 Sneakers Classic
10:30 Enhance Fitness at Pensdale	10:00 Beading	Classic	10:00 Weaving	10:45 News & Views
10:45 Meditation	10:30 Men's Group	10:00 Line Dancing	10:00 Yoga Rhythmic	11:00 Enhance Fitness
11:00 Music Lessons	11:00 Sent. Chorus (1st Tues.)	12:00 Lunch	12:00 Lunch	12:00 Lunch
11:30 Yoga	12:00 Lunch	12:45 Bingo	12:45 Bingo	12:30 Painting & More
12:00 Lunch	1:00 Tai Chi		1:00 Tai Chi	1:00 Pinochle / Bridge
1:00 Classic Tones	1:00 Next Chapter		1-2:30 Computer Lab or Tutoring - By appt.	1:00 Writers Group (1& 3rd Fri. of Month)
	1-2:30 Computer Lab		2:30 Threads Fitness	2:00 Digital Photo On

<p><b>MAY IS OLDER AMERICANS MONTH ~ THIS YEARS THEME "GET INTO THE ACT"</b> In celebration of Older American's Month JW is offering all Health &amp; Fitness classes <u>FREE</u> the week of Mon. 5/18 - Fri. 5/22</p>				1 1:00 Movie Matinee
4 10:00 Diversity Dolls Workshop 12:30 Reading Buddies	5 Chef's Special <b>NATIONAL HOAGIE DAY</b> Made to Order American, Italian, or Tuna	6 1- 4 PM North Light & Urban Sustainability Leadership Academy "Glamour Nail Salon" 5:30pm Living Loving Planning Session #1	7 11:15 Story Telling Workshop (Best Day In My Life...So Far)	8 1:00 Movie Matinee
11 10:00 Diversity Dolls Workshop 12:30 Reading Buddies	12 9:30 Advisory Council Meeting 1:00 Financial Committee Meeting	13 1-3 pm Mayoral Forum Meet & Greet / Q & A with Mayoral Candidates 5:30pm LLP Session #2	14 11:15 Story Telling Workshop (Best Day In My Life...So Far)	15 1:00 Movie Matinee
18 10:00 Diversity Dolls Workshop 12:30 Reading Buddies  <b>FREE FITNESS CLASSES THIS WEEK!!!!</b>	19  Tai Chi at John's Studio	20 12-3 PM JW Cinco De Mayo Celebration 5:30pm Living Loving Planning Session #3	21 11:15 Story Telling Workshop (Best Day In My Life...So Far)	22 1:00 Movie Matinee
25 CLOSED FOR MEMORIAL DAY 	26 9:00-11 Breakfast BINGO	27 5:30pm Living Loving Planning Session #4	<p style="border: 1px dashed black; padding: 2px;">Advisory Council Election! 9:00am-12:30pm</p>	
			28	29 1:00 Movie Matinee