

Monday, May 20

8:30	Dance Fusion Basic	G13
9:00	Mah Jongg	Mezz
9:00	Post Horns	205
9:00	SHIIP - Bob	G02
9:00	Staff Meeting	208
9:25	Chair Strength and Flexibility	G13
9:30	Gentle Yoga	103
9:30	Watercolor Landscape Workshop	211
10:00	Baseball Stories: Comedy and Tragedy	202
10:00	Chair Dance Fusion	G13
10:00	Tour of Senior Center - John	Lobby
11:00	Spanish Conversation Club	205
1:00	Hand & Foot Card Game	205
1:00	Mixed Media Open Studio	G07
1:00	Mystical Traditions	202
1:00	Pinochle	Mezz
1:00	Tap Cats	G13
1:30	Lyrics Alive	AR
2:00	Keep Us in Stitches	211
2:00	Taoist Tai Chi	G13
3:00	ACP - Pat	M02
3:15	Taoist Tai Chi Set Class	G13
4:15	Line Dance	G13

Tuesday, May 21

8:30	Fit 4 Life	G13
9:30	Fit 4 Life	G13
10:00	English Language Conversation Class	208
10:00	You Can Draw (Yes, You Can!)	G07
10:30	BeMoved Dance	G13
10:30	Slow Flow Yoga	103
11:00	ACP - Martha	M02
11:45	Gentle BeMoved	G13
1:00	Art Cafe	G07
1:00	Bowling	Colonial Lanes
1:00	SHIIP - Roger	G02
1:30	Investigating American Presidents	202
2:00	Bill Johnson on Piano!	AR
2:00	Book Report	209
2:00	Gerry P	205
2:00	Reading Spanish Texts in Spanish	M02
2:00	Tuesday Tai Chi Practice Session	G13
2:15	Yoga with Props	103
3:30	Chair Yoga	103
3:30	Line Dance	G13
5:30	T'ai Chi Open Practice	G13
5:30	TRAIL Board Meeting	208
6:00	Yoga (TriYoga)	103
6:30	Play Duplicate Bridge	202
6:45	Carnival Dance Practice	G13
7:00	Tango Club	AR

Wednesday, May 22

8:00	Dorothy S	205
8:00	Quilting	211
8:30	Dance Fusion Basic	G13
8:30	Retired School Personnel	AR
8:30	Trailblazers	City Park
9:00	Mah Jongg	Mezz
9:25	Chair Strength and Flexibility	G13
9:30	Gentle Yoga	103
9:30	Painting and all 2-D Techniques	G07
9:30	The Science of Birds	202
10:00	Chair Dance Fusion	G13
10:00	Intermediate to Advanced Spanish Club	208
10:00	Legal Counseling	M02
11:00	Yang Style Tai Chi Chuan	G13
12:00	Advanced Yang Tai Chi	G13
12:00	Painting and all 2-D Techniques	G07
12:00	TRAIL - Comm.	M02
12:45	Moving with Parkinson's	G13
1:00	Artists' Studio Group	211
1:00	Finding Things Out	208
1:00	SHIIP - Gary	G02
1:30	SSRO Reader's Theatre Group	205
2:00	Taoist Tai Chi	G13
3:00	The Pomtastiks!	AR
3:15	Taoist TaiChi Set	G13
6:00	DanceAbility	103
6:00	Gray Knights	211
6:00	SoundReach	AR
6:30	Salsa Practice	G13

Thursday, May 23

8:00	Dorothy S	205
8:30	Fit 4 Life	G13
9:00	SHIIP - Christine	G02
9:30	Fit 4 Life	G13
9:45	Slow Flow Yoga	103
11:00	Basic Yoga	103
11:00	Tour of Senior Center - Mara	Lobby
11:35	Beginning-Intermediate Tap Dance	G13
12:00	Meditation	103
1:00	Judy B	205
2:00	Gerry P	205
2:00	Qigong	G13
2:00	READING ALOUD	M02
2:00	Scrabble Club	Mezz
5:30	T'ai Chi Open Practice	G13
7:00	Travelogues with Patrick Nefzger	208

Friday, May 24

8:00	Quilting	211
9:00	Mah Jongg	Mezz
9:00	SHIIP - Harry	G02
9:00	Sing and Play the Ukulele	AR
9:00	Wii Bowling	103
9:30	National Parks, America's Best Idea	202
9:30	Write Your Life Story	208
10:00	Bananagrams!	M02
10:00	Spanish for Beginners 1	205
10:00	The Friendship Community Project	G07
10:15	BeMoved Dance	G13
11:00	Spanish for Beginners 2	205
12:30	Core Dancing	G13
12:30	Hand & Foot Card Game	Mezz
12:30	Tech Help Drop-in Hours	206
1:00	Afternoon Quilting Group	211
1:00	Classic Film Fridays	AR
1:00	Dorothy S	202
1:30	Write Your Life Story	208
2:00	Renato	103
3:00	Bone Builders	G13

Saturday, May 25

8:30	Saturday Morning Yoga	G13
9:30	50+ Singles Group	Midtown
9:35	Dance Fusion Basic	AR
10:30	Mo Piano	205
7:30	Barn Dance	AR

Sunday, May 26

10:30	Mo Piano	205
11:00	Yang Style Tai Chi Chuan	G13
12:00	Advanced 108 Move Yang Tai Chi	G13
12:45	Moving with Parkinson's	G13
1:00	Continuing Chinese Ink Painting Workshop	G07

Monday, May 27

The Center will be closed Monday, May 27 in observance of Memorial Day.