






Monday	Tuesday	Wednesday	Thursday	Friday
<p>FRANK R. STRANG 50+ CENTER 670-6693</p>	<p>Nat'l Sr. Health & Fitness Day</p>  <p>May 28</p>	<p>Happy Mother's Day - May 11th</p> 	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 2:00 Chorus 1 5:45 Cardio 3</p>	<p>8:30 Covenant Bd 8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom Class 2 2:00 Ballroom</p>
<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 1:00 Conv. Spanish 2:00 Line Dance 5:45 Cardio 3</p> <p>5</p>	<p>7:30 Walkers 9:00 Weight Club 9:00 Beg Tai Chi 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta/Pino 1:00 Physical Therapy Innovation 2:00 Yoga 6 5:45 Cardio 3</p>	<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 11:00 Social Bridge 12:00 Covenant Passport Lunch & Learn Program "Breast Health" Call 541-4500 1:00 Spanish Club</p> <p>7</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 2:00 Chorus 5:45 Cardio 3</p> <p>8</p>	<p>8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom Class 2:00 Ballroom</p> <p><i>Happy Mother's Day Sunday!</i></p> <p>9</p>
<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 1:00 Conv. Spanish 2:00 Line Dance 5:45 Cardio 3</p> <p>12</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 10:00 Oil Painting 11:00 Walgreens "Ask the Pharmacist" 11:15 Pilates 12:30 Canasta/Pino 1:00 UT Gardens Curator J. Newburn Garden Containers 2:00 Yoga 13 5:45 Cardio 3</p>	<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 11:00 Social Bridge 12:00 DANCING with the STARS SHOW by the Academy Ballroom Dancers Snacks by Elmcroft Call to Reserve 14 1:00 Spanish Club</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:00 Book Club 1:00 "AMERICA VOTES" with Dr. Justin Green 5:45 Cardio 3 Mayor's Senior 15 Summit at Expo</p>	<p>8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom Class 2:00 Ballroom</p>  <p>16</p>
<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 1:00 Conv. Spanish 2:00 Line Dance 2:30 Red Hat Board 19 5:45 Cardio 3</p>	<p>7:30 Walkers 9:00 Weight Club 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Cardio 3 20</p>	<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 11:00 Social Bridge 12:00 Red Hat Society Social</p>  <p>21 1:00 Spanish Club</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Adv Tai Chi 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 2:00 Chorus 3:00 Covenant Caregivers Group 22 5:45 Cardio 3</p>	<p>8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom Class 2:00 Ballroom</p> <p>23</p>
<p>Memorial Day Holiday</p>  <p>Center Closed</p> <p>26</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 GRUB CLUB Red Lobster 1:00 Pinochle 2:00 Yoga 5:45 Cardio 3 27</p>	<p>Nat'l Sr. Fitness Day <i>Door Prize Giveaway</i> 8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 11:00 Social Bridge 12:00 Parkwest Lunch & Learn Call 541-4500 1:00 Spanish Club</p>	<p>7:30 Walkers 9:00 Beg Tai Chi 10:00 Tai Chi Rev 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 2:00 Chorus 5:45 Cardio 3 29</p>	<p>8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom Class 2:00 Ballroom</p> <p>30</p>

		28		
--	--	----	--	--