

May 2026

VIRTUAL (IN BLACK)
IN-PERSON (IN BLUE)
SOCIAL CLUB (IN GREEN)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
					9:30 – 10:00 AM Mindful Mornings 10:30 – 11:30 AM Sr Exercise 11 AM – 12 PM: Radio Hour	
3	4	5	6	7	8	9
	9:30 – 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 3 PM: Booth Social Club	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives 2 – 2:45 PM: Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Cambridge Arms Social Club 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 – 1 PM: Zentangle 2 – 3 PM: Strength Training	9:30 – 10:00 AM Mindful Mornings 10:30 – 11:30 AM Sr Exercise 11 AM – 1 PM: Senior Artist Cohort	
10	11	12	13	14	15	16
	9:30 – 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 2 PM: Senior Self Care	10:30 – 11:30 AM: Booking a Ride with Lyft Silver 12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No Tai Chi 3:30 PM – 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 – 1 PM: Zentangle 1 – 3 PM: Page Towers Social Club 2 – 3 PM: Strength Training	9:30 – 10:00 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 – 1 PM: City Stops: Arthur's	
17	18	19	20	21	22	23
	9:30 – 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1:30 – 3 PM Art with Abrakadoodle	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No Tai Chi 3:30 PM – 4:30 PM: Brain Games	11 AM – 1 PM: Hillcrest Social Club 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 – 1 PM: Zentangle 1 – 2 PM: Hillcrest Self Care 2 – 3 PM: Strength Training	9:30 – 10:00 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn: Beauty Has No Age	
24	25	26	27	28	29	30
	Office Closed Happy Memorial Day	12 – 1 PM: Ageless Yoga 1 – 3 PM: Popcorn & Perspectives No Tai Chi 3:30 PM – 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 – 1 PM: Zentangle 1 – 2 PM: Walnut Towers Social Club 2 – 3 PM: Strength Training	9:30 – 10:00 AM: Mindful Mornings 10:30 – 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Senior Artist Cohort Reception	