



May 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:15 Yoga 1 9:00 Computer Tutoring 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 2:40 Spanish Intermediates Class 7:00 Nightclub Two-Step Lessons	9:00 Pickleball 2 9:00 Dominoes & Poker 9:00 Happy Feet 10:00 Book Club 12:00 Party Bridge 12:30 Active Adults Advisory Comm. Mtg 12:30 Ping Pong 1:00 Bingo 1:00 Billiards	8:00 Men's Golf 3 8:45 Health Angels Biking 9:12 Line Dancing 9:00 Poker & Hearts 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 12-3 Line Dance Social 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 4 9:30 Classic Voices at The Fountains 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 R.H. Chorus at Trinity Care Center 1:30 Tai Chi 3:30 Zumba Gold 2:00 Classic Voices at Highview Hills	8:15 Yoga 5 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 11:30 Stability Ball Exercise 12:30 Duplicate Bridge 1:00 Social Painting	
7	8:15 Yoga 8 9:00 Health Insurance Counseling 9:00 Pickleball Lessons Begin 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Hearing Screening 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 2:40 Spanish Intermediates Class 7:00 Nightclub Two-Step Lessons	9:00 Pickleball 9 9:00 Dominoes & Poker 9:30 Craft Group 10:00 Creative Writing 12:00 Party Bridge 12-2 Feed My Starving Children 12:30 Ping Pong 1:00 Billiards Deadline for Diner's Club	8:00 Men's Golf 10 8:45 Health Angels Biking 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 1:00 Diabetic Shoe Clinic 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 11 10:00 Motorcycle Ride 10:30 R.H. Chorus at Villages/Lonsdale 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 R.H. Chorus at Millstream Comm. 1:30 Tai Chi 2:00 Classic Voices at Ecumen NO ZUMBA TODAY 5:00 Diner's Club - Jensen's Café	8:15 Yoga 12 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 11:30 Stability Ball Exercise 12:30 Duplicate Bridge 1:00 Social Painting 1:00 Tatting	8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
14	 8:15 Yoga 15 9:00 Computer Tutoring 9:30 L'ville Comprehensive Plan 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 10:30 Classic Voices at Kingsley Shores 11:00 Legal Advice 11 & 12 Silver Sneakers 1 & 2 1:00 Waste Less, Eat Healthy 1:00 Texas Hold 'Em & Mahjong 2:40 Spanish Intermediates Class 7:00 Nightclub Two-Step Lessons	9:00 Pickleball 16 9:00 Dominoes & Poker 9-11 Caregiving Consultations 10:00 Creative Writing 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards	8:00 Men's Golf 17 8:30 Beginner's Line Dancing 8:45 Health Angels Biking 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 18 10:30 Classic Voices at St. Gertrude's 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 Classic Voices at Augustana Reg. 1:30 Tai Chi 2:00 R.H. Chorus at Trinity Terrace 3:30 Zumba Gold	8:15 Yoga 19 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 11:30 Stability Ball Exercise 12:30 Duplicate Bridge 1:00 Social Painting	
21	8:15 Yoga 22 9:00 Computer Tutoring 9:30 Interval Walking 9:30 Knitting Class 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 2:40 Spanish Intermediates Class 7:00 Nightclub Two-Step Lessons D'line for Fashion/Fun & Trolley Tour	8:30 Driver Safety Class (4 hr.) 23 9:00 Pickleball 9:00 Dominoes & Poker 9:30 Craft Group 10:00 Creative Writing 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards 1:00 Facebook - Introduction 7:00 Historical Society Presentation	8:00 Men's Golf 24 8:30 Beginner's Line Dancing 8:45 Health Angels Biking 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 1:00 Fashion & Fun 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 25 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 2:00 R.H. Chorus at Ecumen 3:30 Zumba Gold 5:30 Lasagna Dinner	8:15 Yoga 26 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting	
28	HERITAGE CENTER CLOSED 	29 9:00 Pickleball 30 9:00 Dominoes & Poker 10:00 Creative Writing 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards 1:00 Health Care Directive Class Deadline for Vikings Stadium Tour	31 8:00 Men's Golf 8:30 Beginner's Line Dancing 8:45 Health Angels Biking 9-12 Line Dancing 9:00 Poker & Hearts 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball Deadline for Pan-O-Prog Crafters	<div style="border: 2px dashed red; padding: 10px; text-align: center;"> Day Old Bread Distribution Monday-Friday, beginning at 10:15 a.m. </div>		



June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 2px dashed blue; padding: 5px; background-color: #fff9c4;"> Day Old Bread Distribution Monday-Friday, beginning at 10:15 a.m. </div>			9:30 Interval Walking 1 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 R.H. Chorus at Oak Ridge 1:30 Tai Chi 3:30 Zumba Gold	8:15 Yoga 2 9:00 Pickleball 9:00 Pickleball Lessons Begin 9:00 Poker 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting	3
4	8:15 Yoga 5 9:00 Computer Tutoring 9:30 Knitting Class 9:30 Interval Walking 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners 2:00 Spanish Intermediates 5:30-9:30 Driver Safety Class (4-hr.)	9:00 Pickleball 6 9:00 Dominoes & Poker 9:00 Happy Feet 10:00 Book Club 12:00 Party Bridge 12:30 Active Adults Advisory Comm. Mtg 12:30 Ping Pong 1:00 Bingo 1:00 Billiards Deadline for Diner's Club	8:00 Men's Golf 7 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 9:00 Poker & Hearts 9-12 Line Dancing 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 12-3 Line Dance Social 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 8 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 Tai Chi 3:30 Zumba Gold 5:00 Diner's Club - Lakewood Brewing	8:15 Yoga 9 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting	10
11	8:15 Yoga 12 9:00 Health Insurance Counseling 9:30 Knitting Class, Interval Walking 10:00 Wii™ Bowling 11:00 Hearing Screening 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 NYC Trip Preview 1:00 Singles Group Meeting 1:00 Spanish Beginners 2:00 Spanish Intermediates	9:00 Pickleball 13 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards 1:00 Facebook - A Bit More	8:00 Men's Golf 14 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 9:00 Poker & Hearts 9-12 Line Dancing 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 1:00 TED Talk & Discussion 5:30 Cardio & Strength 6:30 Pickleball 	9:30 Interval Walking 15 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:00 Quilting Group 1:30 R.H. Chorus at Brookdale 1:30 Tai Chi 3:30 Zumba Gold	8:15 Yoga 16 9:00 Pickleball 9:00 Poker 9:30 CPR & AED Class 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Tatting 1:00 Social Painting	17
Happy Father's Day 	18 8:15 Yoga 19 9:00 Computer Tutoring 9:30 Knitting Class No Interval Walking today! 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners 2:00 Spanish Intermediates Deadline for Owatonna Trip	8:30 Trolley Tour-Rochester 20 9:00 Pickleball 9-11 Caregiving Consultations 9:00 Dominoes & Poker 12:00 Party Bridge 12:30 Ping Pong 1:00 Bingo 1:00 Billiards	8:00 Men's Golf 21 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 9:00 Poker & Hearts 9-12 Line Dancing 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball 	9:30 Interval Walking 22 10:00 Motorcycle Ride 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 2:00 R.H. Chorus at Valley Ridge 1:30 Tai Chi 3:30 Zumba Gold	8:15 Yoga 23 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting	8:30 a.m. - 12:30 p.m. Driver Safety Class (4-hr.)
25	8:15 Yoga 26 9:00 Computer Tutoring 9:30 Knitting Class 9:30 Interval Walking 10:00 Wii™ Bowling 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 1:00 Texas Hold 'Em & Mahjong 1:00 Spanish Beginners 2:00 Spanish Intermediates	9:00 Pickleball 27 9:00 Dominoes & Poker 9:30 Craft Group 12:00 Party Bridge 12:30 Ping Pong 1:00 Billiards	8:00 Men's Golf 28 8:15 Health Angels Biking 8:30 Beginner's Line Dancing 8:45 Vikings Stadium Tour 9:00 Poker & Hearts 9-12 Line Dancing 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Pinochle 5:30 Cardio & Strength 6:30 Pickleball	9:30 Interval Walking 29 10:30 Red Hat Chorus 11:00 Silver Sneakers Flex™ Fitness 1 12:00 Silver Sneakers Flex™ Fitness 2 12:00 Euchre, Hand & Foot 1:30 Tai Chi 2:00 R.H. Chorus at Ebenezer 3:30 Zumba Gold	8:15 Yoga 30 9:00 Pickleball 9:00 Poker 9:30 Country Heat 10:00 500 Cards 12:30 Duplicate Bridge 1:00 Social Painting	30