

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>MAY 1</b></p> <p>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p>  <p align="center"><i>Roast Pork with Gravy</i></p>	<p align="center"><b>MAY 2</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Salmon Boat / Dill Sauce</i></p>	<p align="center"><b>MAY 3</b></p> <p>8:00 Walking Group 9:00 <b>BREAKFAST</b> 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p>  <p align="center"><i>Lasagna</i></p>	<p align="center"><b>MAY 4</b></p> <p>8:00 <b>FOXWOODS</b> 8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</p> <p align="center"><i>Cold Roast Beef Sandwich</i></p>	<p align="center"><b>MAY 5</b></p> <p>8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:00 Bridge 10:30 Zumba Gold® 5:00 <b>SENIOR PROM NIGHT</b></p> <p align="center"><i>Chicken Fajitas</i></p>
<p align="center"><b>MAY 8</b></p> <p>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>Sesame Beef</i></p>	<p align="center"><b>MAY 9</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:00 <b>COA MEETING</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg 12:00 <b>RED HAT SOCIETY</b></p> <p align="center"><i>Macaroni &amp; Cheese</i></p>	<p align="center"><b>MAY 10</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>Lemon Thyme Chicken</i></p>	<p align="center"><b>MAY 11</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 1:15 Safe Exercise</p> <p align="center"><i>Roast Turkey with Gravy</i></p>	<p align="center"><b>MAY 12</b></p> <p>8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:00 <b>MOTHER'S DAY BRUNCH</b> 10:30 Zumba Gold®</p> <p align="center"><i>Potato Crunch Fish</i></p>
<p align="center"><b>MAY 15</b></p> <p>8:00 <b>WALKING GROUP MEETING</b> 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>Chicken Mornay</i></p>	<p align="center"><b>MAY 16</b></p> <p>8:00 Walking Group 8:30 <b>NORTH SHORE—SALEM GLOUCESTER, ROCKPORT</b> 9:30 Strength &amp; Stretch 10:00 <b>BOOK CLUB</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Stuffed Pepper Casserole</i></p>	<p align="center"><b>MAY 17</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>Caribbean Pork</i></p>	<p align="center"><b>MAY 18</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 12:30 <b>HEALTHY LIVING LUNCHEON</b> 1:15 Safe Exercise</p> <p align="center"><i>Meatloaf &amp; Gravy</i></p>	<p align="center"><b>MAY 19</b></p> <p>8:00 Walking Group 8:00 <b>ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</p>  <p align="center"><i>Chicken Cacciatore</i></p>
<p align="center"><b>MAY 22</b></p> <p>8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p>  <p align="center"><i>Swedish Meatballs</i></p>	<p align="center"><b>MAY 23</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Pork Rib-i-que</i></p>	<p align="center"><b>MAY 24</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>Sloppy Joe</i></p>	<p align="center"><b>MAY 25</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 12:00 <b>CHINESE LUNCHEON</b> 1:15 Safe Exercise</p> <p align="center"><i>Buttermilk Chicken</i></p>	<p align="center"><b>MAY 26</b></p> <p>8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 <b>MOVIE</b></p> <p align="center"><i>Catch of the Day</i></p>
 <p align="center"><b>MEMORIAL DAY</b></p> <p align="center"><b>CLOSED</b></p>	<p align="center"><b>MAY 30</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Chicken a La King</i></p>	<p align="center"><b>MAY 31</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>Beef with Pearl Onions</i></p>	<p align="center"><b>JUNE 1</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 1:15 Safe Exercise</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 2</b></p> <p>8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</p> <p align="center"><i>TBA</i></p>
<p align="center"><b>JUNE 5</b></p> <p>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 6</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 7</b></p> <p>8:00 Walking Group 9:00 <b>BREAKFAST</b> 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 8</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 1:15 Safe Exercise</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 9</b></p> <p>8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</p> <p align="center"><i>TBA</i></p>
<p align="center"><b>JUNE 12</b></p> <p>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 13</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:00 <b>COA MEETING</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg 12:00 <b>RED HAT SOCIETY</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 14</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 15</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:00 <b>MY LIFE MY HEALTH WKSHP</b> 12:30 <b>HEALTHY LIVING LUNCHEON</b> 1:15 Safe Exercise</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 16</b></p> <p>8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold 12:30 <b>KICKOFF TO SUMMER</b></p> <p align="center"><i>TBA</i></p>
<p align="center"><b>JUNE 19</b></p> <p>8:00 Walking Group 8:00 <b>ADVANCED TAP DANCE</b> 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 20</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:00 <b>BOOK CLUB</b> 10:00 <b>LIFELONG LEARNING SERIES</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 21</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 22</b></p> <p>8:00 Walking Group 9:00 <b>NARRAGANSETT LIGHTHOUSE</b> 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 23</b></p> <p>8:00 Walking Group 8:00 <b>ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</p> <p align="center"><i>TBA</i></p>
<p align="center"><b>JUNE 26</b></p> <p>8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 <b>ZUMBA®</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 27</b></p> <p>8:00 Walking Group 9:30 Strength &amp; Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 28</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 11:30 <b>PARTY ON THE PATIO</b> 1:00 Bingo 1:00 Chess 4:00 <b>STEP &amp; TONE</b></p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 29</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 <b>MEN'S GROUP</b> 10:30 Line Dancing 1:15 Safe Exercise</p> <p align="center"><i>TBA</i></p>	<p align="center"><b>JUNE 30</b></p> <p>8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 <b>MOVIE</b></p> <p align="center"><i>TBA</i></p>