

GOSHEN SENIOR CENTER – MAY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| | 5/1 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 5/2 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 5/3 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 | 5/4 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 - 3 |
| 5/7 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4 | 5/8 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 5/9 Mohegan Sun Casino Trip: *Departs 8:45* Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 5/10 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 | 5/11 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 |
| 5/14 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Senior Club meeting 1 Mah Jongg: 2-4 | 5/15 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 | 5/16 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 5/17 Yoga: 9:30 -10:15 Senior Commission 10 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 | 5/18 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Adult coloring: 1 – 3 |
| 5/21 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2 Mah Jongg: 2-4 | 5/22 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30 | 5/23 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 5/24 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Make & Take Crafts: 12:30-2 | 5/25 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 - 1 Poker: 12 – 3 |
| 5/28 CENTER CLOSED FOR MEMORIAL DAY | 5/29 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30 | 5/30 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3 | 5/31 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 | |