

Mon

Tue

Wed

Thu

Fri

Book Club – May 21st – Discussion of Gusher of Lies by Robert Bryce – Anyone is welcome to join, please call Teresa at 748-0217 if you would like to attend.

Bridge Substitutes Needed—Please call Teresa if you are interested. 748-0217

May 19th – Spring Fling Senior Health and Wellness Expo 9 am – 2 pm at the Dixie Classic Fairgrounds. Tickets available at the Shepherd's Center.

Activities marked are at these locations: ST = Salemtowne; AA = Arbor Acres; HgSt = 331 High Street; PP = Polo Park; CL = Central Library; RL – Reynolda Library

1
10:00 am Art Studio—PP
10:00 am Bridge
10:00 am Writing Stories from Your Life
1:00 pm Fitness Friday
Book Sale – May 1st and 2nd at the Education Bldg

4
10:00 am Sr Shape Up-AA
10:00 am Bridge
11:00 am Wm Water Ex-AA
1:00 pm ABC Comp - CL
7:00 pm Tai Chi

5
9:00 am Book Center
9:30 am Bridge
10:30 am ABC Comp - RL
12:00 pm Qigong
1:00 pm Knitting
2:00 pm Wm Water Ex-ST

6
9:45 am Pilates
10:00 am Sr. Shape Up—AA
10:30 am ABC Comp - RL
12:00 pm Tai Chi
1:00 pm ABC Comp - CL
2:00 pm Fellowship Hour

7
10:00 am Bridge
11:00 am Wm Water Ex-AA
12:00 pm Chair Tai Chi-HgSt
2:00 pm Wm Water Ex-ST
2:00 pm Current Events
4:00 pm Free Inquiry Disc. Grp

8
10:00 am Art Studio—PP
10:00 am Bridge
10:00 am Writing Stories from Your Life
1:00 pm Fitness Friday
1:00 pm ABC Comp - CL

11
10:00 am Sr Shape Up-AA
10:00 am Bridge
11:00 am Wm Water Ex-AA
1:00 pm Interm. Comp - CL
7:00 pm Tai Chi

12
9:00 am Book Center
9:30 am Bridge
10:30 am ABC Comp - RL
12:00 pm Qigong
1:00 pm Knitting
2:00 pm Wm Water Ex-ST

13
9:45 am Pilates
10:00 am Sr. Shape Up—AA
10:30 am ABC Comp - RL
12:00 pm Tai Chi
1:00 pm Interm. Comp - CL
2:00 pm Fellowship Hour

14
10:00 am Bridge
11:00 am Wm Water Ex-AA
12:00 pm Chair Tai Chi-HgSt
2:00 pm Veterans Group
2:00 pm Wm Water Ex-ST
4:00 pm Free Inquiry Disc. Grp

15
10:00 am Art Studio—PP
10:00 am Bridge
1:00 pm Fitness Friday
1:00 pm Interm. Comp - CL
Wandering Flock Trip to Daniel Stowe Botanical Gardens.

18
10:00 am Sr Shape Up-AA
10:00 am Bridge
11:00 am Wm Water Ex-AA
1:00 pm Interm. Comp - CL
7:00 pm Tai Chi

19
9:00 am Book Center
9:30 am Bridge
10:30 am ABC Comp - RL
12:00 pm Qigong
1:00 pm Knitting
2:00 pm Wm Water Ex-ST

20
9:45 am Pilates
10:00 am Sr. Shape Up—AA
10:30 am ABC Comp - RL
12:00 pm Tai Chi
1:00 pm Interm. Comp - CL
2:00 pm Fellowship Hour

21
10:00 am Bridge
11:00 am Wm Water Ex-AA
12:00 pm Chair Tai Chi-HgSt
2:00 pm Wm Water Ex-ST
2:00 pm Book Club
4:00 pm Free Inquiry Disc. Grp

22
10:00 am Art Studio—PP
10:00 am Bridge
1:00 pm Fitness Friday
1:00 pm Interm. Comp - CL



26
9:00 am Book Center
9:30 am Bridge
12:00 pm Qigong
1:00 pm Knitting
2:00 pm Wm Water Ex-ST

27
9:45 am Pilates
10:00 am Sr. Shape Up—AA
12:00 pm Tai Chi
2:00 pm Fellowship Hour

28
10:00 am Bridge
11:00 am Wm Water Ex-AA
12:00 pm Chair Tai Chi-HgSt
2:00 pm Wm Water Ex-ST
4:00 pm Free Inquiry Disc. Grp

29
10:00 am Art Studio—PP
10:00 am Bridge
1:00 pm Fitness Friday

Mon	Tue	Wed	Thu	Fri
<p>1 10:00 am Sr Shape Up-AA 10:00 am Bridge 11:00 am Wm Water Ex-AA 7:00 pm Tai Chi</p>	<p>2 9:00 am Book Center 9:30 am Bridge 12:00 pm Qigong 1:00 pm Knitting 2:00 pm Wm Water Ex-ST</p>	<p>3 9:45 am Pilates 10:00 am Sr. Shape Up—AA 12:00 pm Tai Chi 2:00 pm Fellowship Hour <i>Wandering Flock Trip to Salisbury</i></p>	<p>4 10:00 am Bridge 11:00 am Wm Water Ex-AA 12:00 pm Chair Tai Chi-HgSt 2:00 pm Wm Water Ex-ST 2:00 pm Current Events 4:00 pm Free Inquiry Disc. Grp</p>	<p>5 10:00 am Art Studio—PP 10:00 am Bridge 1:00 pm Fitness Friday</p>
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<p>15 10:00 am Sr Shape Up-AA 10:00 am Bridge 11:00 am Wm Water Ex-AA 7:00 pm Tai Chi</p>	<p>16 9:00 am Book Center 9:30 am Bridge 12:00 pm Qigong 1:00 pm Knitting 2:00 pm Wm Water Ex-ST</p>	<p>17 9:45 am Pilates 10:00 am Sr. Shape Up—AA 12:00 pm Tai Chi 2:00 pm Fellowship Hour</p>	<p>18 10:00 am Bridge 11:00 am Wm Water Ex-AA 12:00 pm Chair Tai Chi-HgSt 2:00 pm Wm Water Ex-ST 2:00 pm Book Club 4:00 pm Free Inquiry Disc. Grp</p>	<p>19 10:00 am Art Studio—PP 10:00 am Bridge 1:00 pm Fitness Friday</p>
<p>22 10:00 am Sr Shape Up-AA 10:00 am Bridge 11:00 am Wm Water Ex-AA 7:00 pm Tai Chi</p>	<p>23 9:00 am Book Center 9:30 am Bridge 12:00 pm Qigong 1:00 pm Knitting 2:00 pm Wm Water Ex-ST</p>	<p>24 9:45 am Pilates 10:00 am Sr. Shape Up—AA 12:00 pm Tai Chi 2:00 pm Fellowship Hour MindAlert Training – Senior Volunteers Needed – See Teresa if interested.</p>	<p>25 10:00 am Bridge 11:00 am Wm Water Ex-AA 12:00 pm Chair Tai Chi-HgSt 2:00 pm Wm Water Ex-ST 4:00 pm Free Inquiry Disc. Grp</p>	<p>26 10:00 am Art Studio—PP 10:00 am Bridge 1:00 pm Fitness Friday</p>
<p>29 10:00 am Sr Shape Up-AA 10:00 am Bridge 11:00 am Wm Water Ex-AA 7:00 pm Tai Chi</p>	<p>30 9:00 am Book Center 9:30 am Bridge 12:00 pm Qigong 1:00 pm Knitting 2:00 pm Wm Water Ex-ST</p>	<p>Book Club – May 21st – Meet the Author, Ms. Ana Tampanna and discuss her book <u>Womanly Art of Alligator Wrestling: Inspirational Stories for Outrageous Women Who Survive by Their Wisdom and Wit.</u> Anyone is welcome to join, please call Teresa at 748-0217 if you would like to attend.</p> <p>Bridge Substitutes Needed—Please call Teresa if you are interested. 748-0217</p> <p>Activities marked are at these locations: ST = Salemtowne; AA = Arbor Acres; HgSt = 331 High Street; PP = Polo Park; CL = Central Library</p>		