

Sun

Mon

Tue

Wed

Thu

Fri

Sat

May 2024

			<p><i>1</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub</p>	<p><i>2</i></p> <p>9:00 Morning Coffee 9:00 Walmart Outing, we will load bus at 8:50 10:00 Catholic Mass at Pines 2:00 Wii Bowling</p>	<p><i>3</i></p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta</p>	<i>4</i>
<i>5</i>	<p><i>6</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p>	<p><i>7</i></p> <p>9:00 Morning Coffee 3:30 Bahama Bob-Mother's Day Program</p>	<p><i>8</i></p> <p>9:00 Fire Alarm Testing 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub</p>	<p><i>9</i></p> <p>9:00 Morning Coffee We will take the bus. 10:10 Catholic Communion 2:00 Wii Bowling 3:30 St John's Lutheran Church</p>	<p><i>10</i></p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta</p>	<i>11</i>
<p><i>12</i></p> <p><i>Happy Mother's Day!</i></p>	<p><i>13</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p>	<p><i>14</i></p> <p>9:00 Morning Coffee 8:00 –10:15* Wellness Clinic 1:00 Trivia</p>	<p><i>15</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub</p>	<p><i>16</i></p> <p>9:00 Morning Coffee 10:10 Catholic Communion 1:00 Bingo with Julie 2:00 Wii Bowling 3:30 Blackhawk Church</p>	<p><i>17</i></p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta</p>	<i>18</i>
<i>19</i>	<p><i>20</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p>	<p><i>21</i></p> <p>9:00 Morning Coffee 1:00 Left, Right, Center 3:00 April Birthday Celebrations</p>	<p><i>22</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:00 Bible Study with Julie 9:30 Chair Yoga DVD 1:00 Rummikub</p>	<p><i>23</i></p> <p>9:00 Morning Coffee 10:10 Catholic Communion 2:00 Wii Bowling 3:30 St John's Lutheran Church</p>	<p><i>24</i></p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta</p>	<i>25</i>
<i>26</i>	<p><i>27</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p>	<p><i>28</i></p> <p>9:00 Morning Coffee 5:00 Game Night</p>	<p><i>29</i></p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 10:10 Catholic Communion 1:00 Rummikub</p>	<p><i>30</i></p> <p>9:00 Morning Coffee 2:00 Wii Bowling</p>	<p><i>31</i></p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta</p>	