



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar Key:</p> <p>...Closing Announcements or Altered Classes</p> <p>... New or Infrequent Classes, or Special Events</p> <p>... Trips</p> <p>...Scheduled Activities meeting at Lincoln Park</p>	<p>NO Monday Bible Study for May or June:</p> <p>These sessions Will Return in July</p>	<p>1</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-11A: General Technology 11:30A: Café Connection 12-4:45P: Hand & Foot 1:30-3P: Art Club w/ Susan Gabriel 1-4P: Scrabble 2P: Fun Pump 2:45P: Orientation of Fitness Equipment 3P: Chair Yoga 4-4:45P: Rhythm in Nature 5:15-6P: Chi-Flow Moving Meditation (\$5 open to public each Wednesday) 6:15-7:15P: Restore & Reset! (\$5 open to public each Wednesday)</p>	<p>2</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Veteran's Meet & Greet 9:30: <u>Spanish I wk 9</u> 10A: Gentle Yoga 10A: Bocce Ball 10A-2P: Massage Therapy 1-3P: Bridge 1:30-3P: Jonesb. Dulcimer Players 2P: Kickboxing 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>3</p> <p>9A: <u>8-Ball Billiards Tournament</u> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-12P: Bridge 10:30A: Fun with Trivia 11A-1P: One Year Anniversary Event for Lincoln Park 1P: Joyful Women's Bible Study 1-4P: Scrabble 1:30-4:30P: ROOK</p>
<p>6</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A-4P: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO sponsored by <u>Morning Pointe</u> 1-3:30P: Mahjong 1:30-4:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 5:30-7:30P: Community Drum Circle (by donation each Monday)</p>	<p>7</p> <p>CLOSED For FTAAAD Conference on Aging and Disability</p>	<p>8</p> <p>No Classes at Lincoln Park this evening</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-11A: General Technology 9:30A-11A: <u>Medicare Education Seminar by Mid-South Financial Group</u> 11:30A: Café Connection 12-4:45P: Hand & Foot 1-4P: Scrabble 1:30-3P: Art Club w/ Susan Gabriel 2P: Fun Pump 2:45P: Orientation of Fitness Equipment 3P: Chair Yoga</p>	<p>9</p> <p>No Spanish I Class Today</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 10A: <u>Stroke Education by Quillen Rehab</u> 10A: Bocce Ball 10A-12P: Writers Group 1P: <u>ETSU Residents Bladder Health</u> 1-3P: Bridge 1:30-3P: Jonesb. Dulcimer Players 2P: Kickboxing 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>10</p> <p>9A: Silver Sneakers Classic 9:30A: <u>Cooking Class w/ Mary & Susan</u> 10A: Silver Sneakers Circuit 10A-12P: Bridge 10:30A: Fun with Trivia 11A: <u>Walk w/Ease Tweetsie Trail with lunch at the Coffee Company</u> 1P: Joyful Women's Bible Study 1-4P: Scrabble 1:30-4:30P: ROOK</p>

Flip over to back side in order to see the rest of the month

<p>13 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A-4P: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO sponsored by <u>Abundant Christian Living Community</u> 1-3:30P: Mahjong 1:30-4:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 5:30-7:30P: Community Drum Circle</p>	<p>14 9A: Lincoln Loopers 9:30: <u>Spanish I wk 10</u> 10A: Silver Sneakers Ener-Chi 10A: Pickleball 10A-2P: Massage Therapy 10A-12P: Bridge 10A: <u>Prescription Drug Safety: Drug Task Force</u> 12:30P-3:30P: Cribbage 1P: <u>Trivia with Budds by Hubs Paint & Design</u> 1:30-3P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-7:45P: Partner Dance</p>	<p>15 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-12P: <u>Book Crazyies</u> 10A-11A: General Tech. 11:30A: Café Connection 12-4:45P: Hand & Foot 12:30P: “Keep Moving Forward” with <u>Gayle Hawley</u> 1-4P: Scrabble 1:30-3P: Art Club w/ Susan Gabriel 2P: Fun Pump 2:45P: Orientation of Fitness Equipment 3P: Chair Yoga 4-4:45P: <u>Rhythm in Nature</u> 5:15-6P: <u>Chi-Flow Moving Meditation</u> 6:15-7:15P: <u>Restore & Reset!</u></p>	<p>16 <u>No Massage Therapy Today</u> 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30: <u>Spanish I wk 10</u> 10A: Gentle Yoga 10A: <u>Bocce Ball</u> 1P: <u>ETSU Residents Hypothyroidism</u> 1-3P: Bridge 1:30-3P: Jonesb. Dulcimer Players 2P: Kickboxing 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>17 9A: <u>9-Ball Billiards Tournament</u> 9A: Silver Sneakers Classic 9:30A: <u>Not Your Mother’s Sewing Guild</u> 10A: Silver Sneakers Circuit 10A-12P: Bridge 10:30A: Fun with Trivia 12P: <u>Greene County Range</u> 1P: Joyful Women’s Bible Study 1-4P: Scrabble 1:30-4:30P: ROOK</p>
<p>20 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A-4P: Stitch Therapy 10A: Instructional Shuffleboard 10A: SS Circuit 12:30P: BINGO sponsored by <u>Visiting Angels</u> 1-3:30P: Mahjong 1:30-4:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 5:30-7:30P: Community Drum Circle</p>	<p>21 8A: <u>Hike at Dupont & Lunch at Haus Heidelberg</u> 9A: Lincoln Loopers 9:30: <u>Spanish I wk 11</u> 10A: Silver Sneakers Ener-Chi 10A: Pickleball 10A-2P: Massage Therapy 10A-12P: Bridge 12:30P-3:30P: Cribbage 1:30-3P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-7:45P: Partner Dance</p>	<p>22 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-11A: General Tech. 11:30A: Café Connection 12-4:45P: Hand & Foot 1-4P: Scrabble 1:30-3P: Art Club w/ Susan Gabriel 2P: Fun Pump 2:45P: Orientation of Fitness Equipment 3P: Chair Yoga 4-4:45P: <u>Rhythm in Nature</u> 5:15-6P: <u>Chi-Flow Moving Meditation</u> 6:15-7:15P: <u>Restore & Reset!</u></p>	<p>23 <u>No Massage Therapy Today</u> 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30: <u>Spanish I wk 11</u> 10A: Gentle Yoga 10A: <u>Bocce Ball</u> 10A-12P: Writers Group 1-3P: Bridge 1:30-3P: Jonesb. Dulcimer Players 2P: Kickboxing 3P: Yogalates 4P: <u>Advisory Board</u> 4:30P: Line Dancing 6P: Join the Jam</p>	<p>24 9A: Silver Sneakers Classic 9:30A: <u>Bowling & Lunch</u> 10A: Silver Sneakers Circuit 10A-12P: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1-4P: Scrabble 1:30-4:30P: ROOK</p>
<p>27 CLOSED For Memorial Day  THANK YOU !</p>	<p>28 9A: Lincoln Loopers 9:30: <u>Spanish I wk 12</u> 10A: Silver Sneakers Ener-Chi 10A: Pickleball 10A-2P: Massage Therapy 10A-12P: Bridge 12:30P-3:30P: Cribbage 1:30-3P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-7:45P: Partner Dance</p>	<p>29 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-11A: General Tech. 10A-11:30A: <u>Library Tech Class “MS Excel”</u> 10:45A: <u>Card Making</u> 11:30A: Café Connection 12-4:45P: Hand & Foot 1-4P: Scrabble 1:30-3P: Art Club w/ Susan Gabriel 2P: Fun Pump 2:45P: Orientation of Fitness Equipment 3P: Chair Yoga 4-4:45P: <u>Rhythm in Nature</u> 5:15-6P: <u>Chi-Flow Moving Meditation</u> 6:15-7:15P: <u>Restore & Reset!</u></p>	<p>30 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30: <u>Spanish I wk 12</u> 10A: Gentle Yoga 10A: <u>Bocce Ball</u> 1-3P: Bridge 1:30-3P: Jonesb. Dulcimer Players 2P: Kickboxing 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>31 <u>No Bridge this day: No Rook this day: No Scrabble this day:</u> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 11AM- <u>Volunteer Appreciation Luncheon-By Invitation & RSVP Only</u> 1P: Joyful Women’s Bible Study</p>

May 2024



(May is National Military Appreciation Month)