



# May 2026

Monday

Tuesday

Wednesday

Thursday

Friday

**Mark your Calendar  
Saturday, May 16th  
Jamestown 250<sup>th</sup> Photo  
1:30PM, Fort Getty  
Rain date- May 17th**



**Special Saturday Trip  
Susan Rice Stand Up  
Show at Narrows  
Center on May 9th  
Bus leaves at 6:30PM**



1 9AM- Heart Wise Walking  
9:30- Mah Jongg  
10:30AM- Bone Strength  
& Balance  
1PM- Bingo

4 9AM-Heart Wise Walking  
9AM-Tai Chi for Arthritis  
9-11AM- Cyber Seniors  
10AM- Zumba Gold  
10:30AM-Rusty Pens  
1PM- Chair Yoga

5 9:30-11AM- Craft Circle  
1PM- Bridge(for  
experienced players)  
3:00PM- Mah Jongg

6 9AM- Heart Wise Walking  
9:30AM- Slater Museum Trip  
10:15AM- Bone Strength and  
Balance  
11:30- Visiting Nurse  
1:30PM- Tai Ji Quon

7 9:00AM- Quilting  
Workshop

8 9AM- Heart Wise Walking  
9:30- Mah Jongg  
10:30AM- Bone Strength  
& Balance  
1PM- Bingo

11 9AM-Heart Wise Walking  
9AM-Tai Chi for Arthritis  
10AM-Zumba Gold  
10:30AM-Rusty Pens  
1PM- Chair Yoga

12 9:30-11AM- Craft Circle  
1PM- Bridge (for  
experienced players)  
3:00PM- Mah Jongg

13 9AM- Heart Wise Walking  
9:00AM- Watercolor Painting  
with Sue  
10:15AM- Bone Strength and  
Balance  
1:30- Author Talk-Peaceful  
Patch of Earth

14 9:00AM- Quilting  
Workshop  
1:30PM- Cyber Security  
Lecture with Joanne  
Daly of Morgan Stanley

15 9AM- Heart Wise Walking  
9:30- Mah Jongg  
10:30AM Bone Strength &  
Balance  
1PM- Bingo

18 9AM-Heart Wise Walking  
9AM-Tai Chi for Arthritis  
10A- Zumba Gold  
10AM- Haircuts with Anita  
10:30AM-Rusty Pens  
12:30PM- Reflexology  
1PM-Chair Yoga

19 9:30-11AM- Craft Circle  
1PM- Bridge (for  
experienced players)  
3:00PM- Mah Jongg

20 9AM-USS Nautilus Trip  
9AM-Heart Wise  
Walking  
10:15AM- Bone Strength  
and Balance  
1:30PM- The POINT

21 9:00AM- Quilting  
Workshop  
1:30- Qigong

22 9AM- Heart Wise Walking  
9:30- Mah Jongg  
10:30AM- Bone Strength  
& Balance  
1PM- Bingo

25  
CLOSED IN OBSERVANCE  
OF MEMORIAL DAY



26 9:30-11AM- Craft Circle  
1PM- Bridge (for  
experienced players)  
3:00PM- Mah Jongg

27 9AM- Heart Wise  
Walking  
10:15AM- Bone Strength  
and Balance  
1:30PM- Secret Service  
Lecture

28 9:00AM- Quilting  
Workshop

29 9AM- Heart Wise Walking  
9:30- Mah Jongg  
10:30AM- Bone Strength  
& Balance  
1PM- Bingo

**Program Locations:** Reflexology (appt. required)- Town Hall, Bingo- St. Matthew's Church, Rusty Pens- Library, Bone Strength- Rec Center. All others at Golf Clubhouse. Daily Lunch Shuttle picks up participants in the St. Matthew's Church parking lot at 11AM. For Questions regarding programs, please call 423-9806. For Meal Site questions, please call 423-2658. Reservations for meals must be made 48 hours in advance.