May 2021

SUN	MON	TUE	WED	THUR	FRI	SAT
30 9:30 Morning Stretch (Channel 1979) 11:00 Worship Service with Chaplain John (Ch 1979) 11:00 Stitchery Groups (Art Studio) 4:00 Brain Health Tips Video (Ch1979)	**31** 9:00 AQUA AEROBICS (POOL) 9:30 Morning Stretch (Channel 1979) 10:00 Bus to Shoprite (Porte Cochere) 10:30 Guided Meditation (Channel 1979) 11:00 Chair Yoga Live!! (Auditorium) 11:30 Resistance Band Workout (Channel 1979) 1:00 SEATED BODY TUNE-UP (Auditorium) 1:00 Sewing Class (Art Studio) 1:30 Move and Groove with Lori (Ch 1979) 1:30 Bus to Nassau Street, Princeton (Porte Cochere) 3:00 STAND TALL, DON'T FALL with Cleo (Channel 1979) 3:15 True Colors Coloring Group (Art Studio)					**1** 9:30 Morning Stretch (Channel 1979) 10:00 Bus to Walmart, Walgreens and Target (Porte Cochere) 11:00 Stitchery Groups (Art Studio) 11:30 Seated Body Tune-up with Cleo (Ch1979) 2:00 Silver Sneakers-Strength Workout (Channel 1979) 3:00 STAND TALL, DON'T FALL with Cleo (Channel 1979) 10:00 Guided Meditation (Channel 1979)
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