

SENIOR PROGRAMS – MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 10am Seated SAIL 12-2pm OMA Dementia Class	5 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Tidbit Tuesday with Lindsay Hotchkiss 6-8 PM Taco Tuesday and Karaoke	6 10am Seated SAIL 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	7 CLASS CANCELED 12-2pm Ladies Tea* 5:30pm Seeds of Change Dinner	8
11 10am Seated SAIL 12-2pm OMA Dementia Class	12 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Lunch Celebration with Dakota Bob	13 10am Seated Senior Complete Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	14 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	15
18 10am Seated Senior Complete Fitness 12-2pm OMA Dementia Class	19 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Trivia	20 10am Seated Senior Complete Fitness 11:30am Seated SAIL w/Jan 12:45pm Writers Support Group	21 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	22
25 CLOSED FOR MEMORIAL DAY 	26 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Bingo	27 10am Seated Senior Complete Fitness 11:30am Seated SAIL with Jan 12:45pm Writers Support Group	28 10am SAIL Aerobics 2:15pm Tai Chi 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	29

Mountain View Community Center | 3607 122nd Ave E, Suite A | Edgewood, WA 98372 | 253-826-4329 | contact@mtviewcc.org | www.mtviewcc.org

**Seated Senior Complete Fitness is a Cardio, Strength, Balance and Stretch class for seniors that includes light to moderate exercises.*