




# Senior Wellness Programs — May 2025

Mon	Tue	Wed	Thu	Fri	
28	29	30	May 1	2	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> <b>NEW Seated</b> SAIL with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Enchiladas</i> <b>Bingo</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		
5	6	7	8		9
10:00am <b>Seated</b> SAIL  <u>11:40am</u> <b>NEW Seated</b> SAIL with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Lasagna</i> <b>Tidbit Tuesday with Rick Flores</b> <b>from Alzheimer's Association</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm  <b>NEW Square Dance Class—5:30 pm</b>	<b>NO Exercise!</b>  <b>Ladies Tea at 12:00 pm</b>  <b>Seeds of Change Dinner</b> 5:30-6:30pm		
12	<b>Birthday Tuesday</b> 13	14	15	16	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> <b>NEW Seated</b> SAIL with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Meatloaf</i> <b>Entertainment by</b> <b>Danny Vernon...Elvis</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		
19	20	21	22	23	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> <b>NEW Seated</b> SAIL with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Taco Tuesday</i> <b>Bunco</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm  <b>NEW Square Dance Class—5:30 pm</b>	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		
26	27	28	29	30	
<b>CLOSED for</b> <b>Memorial Day</b>	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Beef Stroganoff</i> <b>Bingo</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	<b>4:00-6:00pm</b>  <i>Senior</i> <i>Prom</i>	

# Senior Wellness Programs — June 2025

Mon	Tue	Wed	Thu	Fri	
2	3	4	5	6	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> Seated SAIL with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Chicken and Rice</i> <b>Tidbit Tuesday with Chief</b> <b>Jason Youngman, Edgewood</b> <b>Police Department</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm <b>NEW Square Dance Class—5:30 pm</b>	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafte's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		
9	<b>Birthday Celebration</b> 10	11	12		13
10:00am <b>Seated</b> SAIL  <u>11:40am</u> Seated SAIL with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Spaghetti</i> <b>Entertainment by</b> <b>Jim Meck</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafte's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		<div>"Everything good, everything magical happens between the months of June and August."</div>
16	17	18	19	20	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> Seated SAIL with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>BBQ Sandwiches</i> <b>Men's BBQ with</b> <b>Hank Blumenthal</b>	10:00am <b>Seated</b> SAIL <b>Patty Mannie, Tacoma's Stadium District</b> <b>11:15am</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm <b>NEW Square Dance Class—5:30 pm</b>	<b>CLOSED for Juneteenth</b>	<div>"Everything good, everything magical happens between the months of June and August."</div>	
23	24	25	26		27
10:00am <b>Seated</b> SAIL  <u>11:40am</u> Seated SAIL with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Breakfast for Lunch</i> <b>Bingo</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafte's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm		<div>"Everything good, everything magical happens between the months of June and August."</div>
30	Jul 1	2	3	4	
10:00am <b>Seated</b> SAIL  <u>11:40am</u> Seated SAIL with Jan 12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b>  <b>Tidbit Tuesday with Matt Santelli</b>	10:00am <b>Seated</b> SAIL  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafte's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	