

# Senior Programs — May 2024

Mon	Tue	Wed	Thu	Fri
29	30	May 1	2	3
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan	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 SAIL</b>  <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	
6	7	8	9	10
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:450am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Mexican Meal / Cinco De Mayo</i> <b>Emergency Preparedness with Wyatt Godfrey</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	<b>NO EXERCISE</b> <b>Women's Tea with Naomi Morgan</b> Sponsored by Milton Senior Society <b>12:15pm</b>  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
13	<b>Birthday Lunch</b> 14	15	16	17
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group <b>Poker Run 1:00—2:30pm</b>	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Porkchops</i> <b>Entertainment by Joy Ross</b>	10:00am <b>Seated SAIL</b>  <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	
20	21	22	23	24
10:00am <b>Seated SAIL</b>  11:15am Garden Club <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Salmon Pasta</i> <b>Senior Spotlight and Dominoes</b>	10:00am <b>Seated SAIL</b>  <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	
27	28	29	30	31
<b>CLOSED</b> <b>for Memorial Day</b>	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Potaco Bowls</i> <b>Bingo</b>	10:00am <b>Seated SAIL</b>  <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> <b>Paint and Sip</b> 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	