

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 SAIL 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 SAIL 12-2pm OMA Dementia Class	19 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Trivia	20 10am Seated SAIL 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 SAIL 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