


MAY 2023

WILLOWICK SENIOR CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			SOLO EXERCISE 8:00 - 8:45 AM Pinochle 12:30 Meditation Yoga 3:00 - 3:45 SIGN UPS 9:00 AM - 12:00 PM BROWN BAG CONCERT SERIES BUS LEAVE @ 10:45 AM	EXERCISE 9:00 10:00 INTERMEDIATE DANCE CLASS 10:15 11:15 CERAMICS 9:00 12:00 Bridge 11:30 LCR 12:00 Willo-Aires 2:15 - 3:15 GENEALOGY & HISTORY @ 2:00 PM	YOGA CHAIR 9:00 FLOOR 10:15 PAINT POURING 9:00 AM	KENTUCKY DERBY
5	6	7	8	9	10	11
	SOLO EXERCISE 8:00 - 8:45AM YOGA FLOOR 9:00 CHAIR 10:15 Pinochle 12:30 Bingo 12:15 PAINT POURING 2:00 PM HEARING TEST 10:00 AM - 12:00 PM TACO BAR FOR CINCO DE MAYO @ 11:15	EXERCISE 9:00 10:00 Tai Chi 10:15 11:15 BEGINNER/ IMPROVED LINE DANCE 1:00 - 2:00 Pinochle 12:30 Ceramics 9:00 12:00 Art Class 12:00 2:00 ALWAYS PATSY CLINE BUS LEAVES CENTER @ 11:00 AM	SOLO EXERCISE 8:00 - 8:45 AM Pinochle 12:30 Meditation Yoga 3:00 - 3:45 CHAIR MASSAGE WITH JENNIFER	EXERCISE 9:00 10:00 INTERMEDIATE DANCE CLASS 10:15 11:15 CERAMICS 9:00 12:00 Bridge 11:30 LCR 12:00 Willo-Aires 2:15 - 3:15	YOGA CHAIR 9:00 FLOOR 10:15 PAINT POURING 9:00 AM	
12	13	14	15	16	17	18
	SOLO EXERCISE 8:00 - 8:45AM YOGA FLOOR 9:00 CHAIR 10:15 Pinochle 12:30 Bingo 12:00 PAINT POURING 2:00 PM ATTORNEY 9:00 AM SIGN UP	EXERCISE 9:00 10:00 Tai Chi 10:15 11:15 BEGINNER/ IMPROVED LINE DANCE 1:00 - 2:00 Pinochle 12:30 Ceramics 9:00 12:00 Blood Pressure Checks 10:00 - 12:00 LCCOA - 10:00 - 11:00 FOOT DOCTOR 12:15 Art Class 12:00 2:00 Book Club 2:00 TALK WITH THE DOCTOR 11:00 - 12:00	SOLO EXERCISE 8:00 - 8:45 AM Pinochle 12:30 Meditation Yoga 3:00 - 3:45 RIVERS CASINO BUS LEAVES CENTER @ 7:45 AM	EXERCISE 9:00 10:00 INTERMEDIATE DANCE CLASS 10:15 11:15 CERAMICS 9:00 12:00 Bridge 11:30 LCR 12:00 Willo-Aires 2:15 - 3:15	YOGA CHAIR 9:00 FLOOR 10:15 PAINT POURING 9:00 AM	
19	20	21	22	23	24	25
	SOLO EXERCISE 8:00 - 8:45AM YOGA FLOOR 9:00 CHAIR 10:15 Pinochle 12:30 Bingo 12:00 PAINT POURING 2:00 PM	EXERCISE 9:00 10:00 Tai Chi 10:15 11:15 BEGINNER/ IMPROVED LINE DANCE 1:00 - 2:00 Pinochle 12:30 Ceramics 9:00 12:00 Art Class 12:00 2:00 SENIOR DAY AT THE MALL	SOLO EXERCISE 8:00 - 8:45 AM Pinochle 12:30 Meditation Yoga 3:00 - 3:45 CHAIR MASSAGE WITH JENNIFER TEA PARTY @ NOON	EXERCISE 9:00 10:00 INTERMEDIATE DANCE CLASS 10:15 11:15 CERAMICS 9:00 12:00 Bridge 11:30 LCR 12:00 Willo-Aires 2:15 - 3:15 Post Office on Wheels @ Center from 12:00 - 12:20	YOGA CHAIR 9:00 FLOOR 10:15 PAINT POURING 9:00 AM	
26	27	28	29	30	31	
	MEMORIAL DAY SENIOR CENTER CLOSED	EXERCISE 9:00 10:00 Tai Chi 10:15 11:15 BEGINNER/ IMPROVED LINE DANCE 1:00 - 2:00 Pinochle 12:30 Ceramics 9:00 12:00 Art Class 12:00 2:00	SOLO EXERCISE 8:00 - 8:45 AM Pinochle 12:30 Meditation Yoga 3:00 - 3:45 BIRTHDAY LUNCH POT LUCK @ 11:30	EXERCISE 9:00 10:00 INTERMEDIATE DANCE CLASS 10:15 11:15 CERAMICS 9:00 12:00 Bridge 11:30 LCR 12:00	YOGA CHAIR 9:00 FLOOR 10:15 PAINT POURING 9:00 AM	