## May 2024

Tue	Wed	Thu	Fri	
	1			3
	9:15a Wii Bowling	10:00a Active Older Adult Fit	<b>9:00a</b> Stop & Shop	J
	<b>9:30a</b> Taking Shape with Maureen	11:30a Lunch	<b>10:45a</b> Tai Chi	
	10:45a Tai Chi	12:15p Walk	11:30a Lunch	
	11:30a Lunch	1	<b>12:30p</b> Bingo	
		1:00p Walmart (Branford)		
7	8	9		10
<b>9:15a</b> Friendship Circle Support Group	9:15a Wii Bowling	10:00a Active Older Adult Fit	9:00a Shoprite	
10:00a Circuit Training with Christina	9:30a Taking Shape with Maureen	11:30a Lunch	9:30a Movement to Music Fitness	
11:30a Lunch		12:15p Walk		
12:15p Walk	11:30a Lunch	1:00p Ask A Nurse - ESDHD	11:30a Lunch	
1:00p Art with Darcee 1:00p Cards & Games	12:15p Walk 1:00p Bingo	1:00p Cards & Games	<b>12:30p</b> Bingo	
14		16		17
9:15a Friendship Circle	9:15a Wii Bowling	10:00a Active Older Adult Fit	9:00a Stop & Shop	
10:00a Stretch & Stability with Christina	9:30a Taking Shape with Maureen	11:30a Lunch	10:45a Tai Chi	
11:30a Lunch	10:45a Tai Chi	12:15p Walk	11:30a Lunch	
12:15p Walk	11:30a Lunch	1:00p Aldi's ( Branford)	12:30p Bingo	
1:00p Cards & Games	12:15p Walk	1:00p Cards & Games		
1:00p EH Historical Society Museum	1:00p Bingo			
21	22	23		24
9:15a Friendship Circle Support Group	9:15a Wii Bowling	10:00a Active Older Adult Fit	9:00a Shoprite	
10:00a Cardio Drumming with Christina	9:30a Taking Shape with Maureen	11:00a ESDHD Falls Prevention Lunch & Learn	9:30a Movement to Music Fitness	
11:30a Lunch	10:45a Tai Chi	12:15p Walk	<b>10:45a</b> Tai Chi	
12:15p Walk	11:30a Lunch	i i		
	'		12:30p Bingo	
				31
Support Group		Adult Fit		
10:00a Circuit Training with Christina	Maureen	w/CJ		
11:15a Individual Testing w/CJ	10:45a Tai Chi	11:30a Lunch	11:30a Lunch	
11:30a Lunch	11:30a Lunch	12:15p Walk	<b>12:30p</b> Bingo	
12:15p Walk	12:15p Walk	1:00p Big Y (No. Branford)		
1:00p Cards & Games 2:00p Computer 101 with	1:00p Bingo	1:00p Cards & Games		9
	7 9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Walk 1:00p Art with Darcee 1:00p Cards & Games  14 9:15a Friendship Circle Support Group 10:00a Stretch & Stability with Christina 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p EH Historical Society Museum  21 9:15a Friendship Circle Support Group 10:00a Cardio Drumming with Christina 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Chair Yoga with Jo  28 9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:15a Individual Testing w/CJ 11:30a Lunch 12:15p Walk 1:00p Cards & Games	9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo  7 9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Walk 1:00p Art with Darcee 1:00p Cards & Games 11:30a Lunch 12:15p Walk 1:00p Bingo  14 9:15a Friendship Circle Support Group 10:00a Stretch & Stability with Christina 11:30a Lunch 12:15p Walk 1:00p Cards & Games 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo  15 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch	9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo  7 8:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Walk 1:30a Lunch 10:45a Tai Chi 11:30a Lunch 10:20a Active Older Adult Fit 11:30a Lunch 10:45a Tai Chi 11:30a Lunch 10:00p Cards & Games 1:00p Cards & Games 1:15p Walk 1:15a Individual Testing with Christina 1:15a Individual Testing wich Christina 1:15p Walk 1:15p Walk 1:150p Cards & Games 1:15p Walk 1:15	9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo  7 9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Walk 1:00p Active Older Adult Fit 11:30a Lunch 12:0p Walmart (Branford) 12:30p Bingo  10:00a Active Older Adult Fit 11:30a Lunch 12:30p Bingo  10:00a Active Older Adult Fit 11:30a Lunch 12:30p Bingo  10:00a Active Older Adult Fit 11:30a Lunch 12:30p Walk 11:30a Lunch 12:15p Walk 11:30a Lunch 12:15p Walk 11:30a Lunch 12:00p Cards & Games 12:30p Bingo  14 9:15a Friendship Circle Support Group 10:00a Stretch & Stability with Christina 11:30a Lunch 12:15p Walk 100p Cards & Games 100p Eards & Games 100p Eards & Games 100p Cards & Games 100p