

May 2024

Mon	Tue	Wed	Thu	Fri
		1 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	2 10:00a Active Older Adult Fit 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Walmart (Branford)	3 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
6 9:15a Wii Bowling 10:30a Better Balance with CJ 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	8 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	9 10:00a Active Older Adult Fit 11:30a Lunch 12:15p Walk 1:00p Ask A Nurse - ESDHD 1:00p Cards & Games	10 9:00a Shoprite 9:30a Movement to Music Fitness 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
13 9:15a Wii Bowling 10:30a Better Balance with CJ 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 1:00p EH Historical Society Museum	15 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	16 10:00a Active Older Adult Fit 11:30a Lunch 12:15p Walk 1:00p Aldi's (Branford) 1:00p Cards & Games	17 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
20 9:15a Wii Bowling 10:30a Better Balance with CJ 11:30a Lunch 12:15p Walk 1:00p Bingo	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	22 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	23 10:00a Active Older Adult Fit 11:00a ESDHD Falls Prevention Lunch & Learn 12:15p Walk 1:00p Cards & Games 1:00p Time To Wash The Bus	24 9:00a Shoprite 9:30a Movement to Music Fitness 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
27 	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 2:00p Computer 101 with Chris	29 9:15a Wii Bowling 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	30 10:00a Active Older Adult Fit 11:15a Individual Testing w/CJ 11:30a Lunch 12:15p Walk 1:00p Big Y (No Branford) 1:00p Cards & Games	31 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo