

# MAY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> May Day
<b>2</b>	<b>3</b> <b>9:30</b> Shopping at CVS Pharmacy <b>10:00</b> Exercise: Fit for Life <b>11:00</b> Exercise: Stand Up for Strength <b>1:00</b> Movie: People Like Us <b>2:00</b> Walker's Club	<b>4</b> <b>9:30</b> Shopping at WALGREENS Pharmacy <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Everybody's Yoga with Dana <b>2:00</b> Church	<b>5</b> <b>Cinco de Mayo</b>	<b>6</b> <b>9:00</b> Shopping at VALLEY FARM <b>10:00</b> Exercise: Fit for Life <b>11:00</b> Humana Webinar: Foods to Help Fight Aging <b>12:30</b> Bible Study <b>1:00</b> Shopping at VALLEY FARM <b>2:00</b> Pastor Movie: Esther <b>2:00</b> Walker's Club	<b>7</b> <b>9:30</b> Shopping at RITEAID Pharmacy <b>10:00</b> Exercise: Qi Gong Tai Chi with Joanne <b>11:00</b> ENTERTAINMENT: Lorri & James Duet - 60's (Brenda) <b>1:00</b> Movie: The Judge <b>2:00</b> Walker's Club	<b>8</b>
<b>9</b> <b>Mother's Day</b>	<b>10</b> <b>8:00</b> GEAR SWITCH PROJECT <b>2:00</b> Walker's Club	<b>11</b> <b>9:30</b> Shopping at WEIS <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Everybody's Yoga with Dana <b>2:00</b> <b>GENERAL MEETING</b>	<b>12</b> <b>9:00</b> Shopping at DOLLAR TREE 378 <b>10:00</b> Exercise: Fit for Life <b>11:00</b> Speaker: Ease Your Arthritis Pain (Kierra) <b>12:30</b> Bible Study <b>1:00</b> Shopping at WALMART 278 <b>2:00</b> Pastor Movie: Hymn Sing <b>2:00</b> Walker's Club	<b>13</b> <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Basic Balance (in-person only) <b>1:00</b> Humana Webinar: Better Bladder Control <b>2:00</b> Church	<b>14</b> <b>9:00</b> Great News! <b>9:30</b> Shopping at SHOPRITE <b>10:00</b> Exercise: Qi Gong Tai Chi with Joanne <b>11:00</b> Exercise DVD: Yoga <b>2:00</b> Pastor Movie: Overcomer <b>2:00</b> Walker's Club	<b>15</b> <b>Armed Forces Day</b>

# MAY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 <b>9:30</b> Shopping at PRICERITE <b>10:00</b> Exercise: Fit for Life <b>11:00</b> Exercise: Stand Up for Strength <b>1:00</b> Movie: News of the World <b>2:00</b> Walker's Club	18 <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Everybody's Yoga with Dana <b>2:00</b> Humana Webinar: Habits of Happy People	19 <b>9:00</b> Shopping at GIANT <b>10:00</b> Exercise: Fit for Life <b>12:30</b> Bible Study <b>1:00</b> Shopping at GIANT <b>1:45</b> BINGO	20 <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Basic Balance (in-person only) <b>1:00</b> Specialty Exercise: Guided Meditation <b>2:00</b> Church	21 <b>9:30</b> Shopping at ALDI <b>10:00</b> Exercise: Qi Gong Tai Chi with Joanne <b>11:00</b> Exercise DVD: Yoga <b>1:00</b> SPEAKER: Meals on Wheels (Brenda) <b>2:00</b> Pastor Movie: Yankee Doodle Dandy <b>2:00</b> Walker's Club	22
23	24 <b>9:30</b> Shopping at TARGET <b>10:00</b> Exercise: Fit for Life <b>11:00</b> Exercise: Stand Up for Strength <b>1:00</b> Movie: Eat, Pray, Love <b>2:00</b> Walker's Club	25 <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Everybody's Yoga with Dana <b>2:00</b> ENTERTAINMENT: Flute Performance- America Through the Ages (Brenda)	26 <b>8:00</b> National Senior Health & Fitness Day! <b>9:00</b> Shopping at WEGMANS <b>9:00</b> Sonshine Worship DVD <b>10:00</b> Exercise: Fit for Life <b>12:30</b> Bible Study <b>1:00</b> Shopping at WEGMANS <b>2:00</b> Walker's Club	27 <b>9:00</b> CLINIC: Millis Eye Associates (Contact Brenda) <b>10:00</b> Exercise: Joyful Joints <b>11:00</b> Exercise: Basic Balance (in-person only) <b>1:00</b> SPEAKER: Stroke Awareness with LVHN (Kierra) <b>2:00</b> Church	28 <b>9:00</b> Great News! <b>9:30</b> Shopping at VALLEY FARMERS MARKET <b>10:00</b> Exercise: Qi Gong Tai Chi with Joanne <b>11:00</b> SPEAKER: Medicare Advantage Benefits (Brenda) <b>2:00</b> Walker's Club	29
30	31 <b>Memorial Day</b>					