

Calendar of Activities - May 2024

Note: This does not include all activities & events

	Wednesday - May 1	Thursday - May 2	Friday - May 3	
		<p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00a-12:00n Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:00p Financial Exploitation Presentation 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p&amp; 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
Monday - May 6	Tuesday - May 7	Wednesday - May 8	Thursday - May 9	Friday - May 10
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-008 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p Drop-in Ping Pong 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&amp;Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Trad. Native American Healing 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 8:00a-12:00p <b>RUMMAGE SALE</b> 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make &amp; Take with April 6:00-7:00p Senior Tabata</p>	<p>9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p&amp; 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
Monday - May 13	Tuesday - May 14	Wednesday - May 15	Thursday - May 16	Friday - May 17
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00&amp; 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p Drop-in Ping Pong 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&amp;Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9-10:00&amp; 10-11:00a Trad. Native American Healing 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00 - 2:00p My Purpose 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p <b>JOLLY TIMES</b> 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make &amp; Take with April 6:00-7:00p Senior Tabata</p>	<p>9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p&amp; 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
Monday - May 20	Tuesday - May 21	Wednesday - May 22	Thursday - May 23	Friday - May 24
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00&amp; 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p Drop-in Ping Pong 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly 3:00-5:00p Beginning Hand&amp;Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 9:00-10:00a Book Club 9:00-11:00a Trad. Native American Healing 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00 - 2:00p My Purpose 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make &amp; Take with April 6:00-7:00p Senior Tabata</p>	<p>9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p&amp; 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
Monday - May 27	Tuesday - May 28	Wednesday - May 29	Thursday - May 30	Friday - May 31
 <p><b>CENTER CLOSED</b></p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Trad. Native American Healing 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00 - 2:00p My Purpose 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don 2:30-3:30p Beginning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale</p>	<p>6:00-6:45a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00n Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Morning Ceramics with Vickie 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand &amp; Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night</p>	<p>6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make &amp; Take with April 6:00-7:00p Senior Tabata</p>	<p>9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p&amp; 1:00-2:00p Circuit/Equip Training 12:00n-2:00p&amp; 2:00-4:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&amp;Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>