		Calendar of Activities - May 2024	<u> </u>	Note: This does not include all activities & events
		Wednesday - May 1	Thursday - May 2	Friday - May 3
Mother's		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	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	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& 1:00-2:00p Circuit/Equip Training 12:00n-2:00p& 2:00-4:00p Bea. Music Class 12:00n-4:00p Bridge 12:30-4:00p Interm:/Advanced Hand&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
Monday - May 6	Tuesday - May 7	Wednesday - May 8	Thursday - May 9	Friday - May 10
B: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-10:00p Bunco 12:00-1:008 1:00-2:00p Circuit/Equip Training 12:00n-2:00p Drop-in Pina Pona 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/Kelly	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 12:30-4:00b Interm/Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00D Madical Inks w/Maxine 2:30-3:30p Yoga with Don	10:00-11:00a Grief Support with Régina 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 10:00-4:00p Bridge 1:00-4:00p Ceramics with Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness w/Beth 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 8:00a-12:00p RUMMAGE SALE 9:00-10:00a Dance Aerobics 9:00-11:00a Drop-in Ping Pong 9:30-11:30a Memoir Writing Class 10:00-11:00b Dance Aerobics 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Bed. 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 Voga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	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& 1:00-2:00p Circuit/Equip Training 12:00n-2:00p& 2:00-4:00p Beg, Music Class 12:00n-4:00p Bridge 12:30-4:00p Interm/Advanced Hand&Foot 100-3:00p 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
Monday - May 13 8:00-8:45a Walking Workout (at Rec. Center)	Tuesday - May 14 6:00-6:45a Fast Fitness w/Beth	Wednesday - May 15 6:00-6:45a Fast Fitness w/Beth	Thursday - May 16 6:00-6:45a Fast Fitness w/Beth	Friday - May 17 9:00-10:00a Gentle Stretch Exercise
B:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Fall Stretch Exercise 9:00-10:00a Fall Stretch Exercise 9:00a-12:00n Mexican Train 10:00a-12:00n Mexican Train 10:00a-12:00n Mexican Train 10:51-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:008 1:00-2:00p Circuit/Equip Training 12:00n-2:00p Drop-in Ping Pong 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&Foot 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk	7:00-8:00a Zumba Chair 8:30-11:30a Pinoohle 9:00-10:00a Book Club 9:00-11:00a Trad. Native American Healing 10:00-11:00a Bingo 12:30-4:00p Interm./Advanced Hand&Foot 1:00 - 2:00p My Purpose 1:00-3:00b Bea; Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Beqinning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	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 Vickle 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 10:00-4:00p Ceramics with Vickle 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Bevond Basics 5:00-8:00p Karaoke Night	7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00-11:00b Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 100-3:00p Beg. Western Line Dance 1:30-2:30p Trad¹ Exer. with Don 1:30-2:30p Mixed Media Art with Kirk 2:30-3:30p Yoga with Don 3:00-6:00p Make & Take with April 6:00-7:00p Senior Tabata	9:00-10:00a Zumba Gold 10:15-1:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p4 :100-2:00p Circuit/Equip Training 12:00n-2:00p4 :00-2:00p Beg. Music Class 12:00n-4:00p Bridge 12:30-4:00p Bridge 12:30-4:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg. Couples Western Dance 7:00-7:30p Tree Line Dance Lesson 7:30-10:00p Western Dance
Monday - May 20 8:00-8:45a Walking Workout (at Rec. Center)	Tuesday - May 21 6:00-6:45a Fast Fitness w/Beth	Wednesday - May 22 6:00-6:45a Fast Fitness w/Beth	Thursday - May 23 6:00-6:45a Fast Fitness w/Beth	Friday - May 24 9:00-10:00a Gentle Stretch Exercise
B: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 Drop-in Pinq Ponq 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:008 1:00-2:00p Circuit/Equip Traininq 12:00n-2:00p Drop-in Ping Ponq 1:00-3:00p Beginning Drawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Beginning Irawing w/Deborah 1:15-3:15p 2500 Card Game 2:00-3:00p Beginning Irawing W/Bly 3:00-5:00p Pre-Beginning Line Dance 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation w/Kirk	7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:00-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Trad. Native American Healing 10:00-11:00a Peer Support w/Kellv 10:00-11:00a Bingo 12:304-00p Interm:/Advanced Hand&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 Pospinning Karate with Kirk 5:00-7:00p Posh Decorating with April 6:00-7:00p Senior Tabata 6:30-8:00p Clovis Chorale	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 1:00-4:00b Beginning swith Vickie 1:00-4:30p Beginning Hand & Foot 4:00-5:00b Tai Chi Bevond Basics 5:00-8:00p Karaoke Night	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 10:00-3:00p 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 & Take with April 6:00-7:00p Senior Tabata	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& 1:00-2:00p Circuit/Equip Training 12:00n-2:00p& 2:00-4:00p Beq. Music Class 12:00n-4:00p Bridge 12:304-4:00p Interm:/Advanced Hand&Foot 1:00-3:00p Interm:/Advanced Hand&Foot 1:00-3:00p Pre-Beginning Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beq. Couples Western Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - May 27	Tuesday - May 28 6:00-6:45a Fast Fitness w/Beth	Wednesday - May 29 6:00-6:45a Fast Fitness w/Beth	Thursday - May 30 6:00-6:45a Fast Fitness w/Beth	Friday - May 31 9:00-10:00a Gentle Stretch Exercise
Memorial Day	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 Interm/Advanced Hand&Foot 1:00 - 2:00p My Purpose 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad! Exer. with Don 2:00-4:00p Magical Inks w/Maxine	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-12:00h Drop-in Crafters/Art - all types 10:00-11:00a Grief Support with Regina 10:00a-12:00p Mornina 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 1:00-4:00p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	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	9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00& 1:00-2:00p Circuit/Equip Training 12:00n-2:00& 2:00-4:00p Beg, Music Class 12:00n-4:00p Bridge 12:30-4:00p Interm/Advanced Hand&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