



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
RSVP Required at 949-709-7592 Monday - Friday Age Well Lunch 60+ May 9 Mother's Day Luncheon May 15 Art for All Ages May 30 Monthly Birthday Lunch			10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
5	6	7	8	9
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:30 Age Well Lunch 60+ **Lunch with the Law 	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Mother's Day Luncheon Guitarist - Elliot Battle 
12	13	14	15	16
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 10:00 Coffee, Donuts & Medicare with Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Art for All Ages RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
19	20	21	22	23
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:00 Brain Health with Marc Friedman 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
26	27	28	29	30
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 