

May 2024

Mon	Tues	Wed	Thurs	Fri	
			1	2	3
		9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany	10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Lunch and Learn, Estate Planning		
6	7	8	9	10	
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness		
13	14	15	16	17	
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga	9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	9:00 am - 11:00 am ADRC Advisory Council/Senior Hunger Coalition–VIRTUAL 9:00 am - 1:00 pm Dealing with Dementia Workshop 10:00 am - 11:00 am Chair Fitness	9:00 am - 12:00 pm Summer Regional Senior Resource Fair – Albany	
20	21	22	23	24	
9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner’s 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Program Workshops	10:00 am - 11:00 am Low Impact Aerobics 10:00 am - 12:00 pm Movie & a Mission 11:00 am - 12:00 pm Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm “A Better Way Grocers” Mobile Grocery Truck		
27	28	29	30	31	
ADRC Closed 2024-05-27 SCOA Regional Resource Hub CLOSED	10:00 am - 11:00 am Low Impact Aerobics 11:00 am - 12:00 pm Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness		