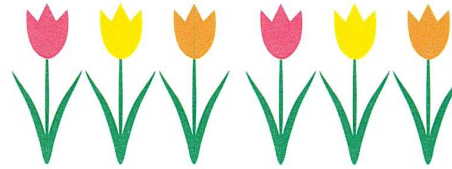




May 2026



					<p>1 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>2 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>3 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>4 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 LUNCH & LEARN 12:00 Pinochle 1:00 Dancing/3:00 Balance</p>	<p>5 Cinco de Mayo 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club</p>	<p>6 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>7 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion Noon Class of '69 4:15 Tai Chi 7:00 Model A Club</p>	<p>8 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>10 Mother's Day Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>11 Ford Retirees Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Writing with Betsy 1:00 Dancing/3:00 Balance</p>	<p>12 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka Mikie and Louise</p>	<p>14 Medicare with Jackie by appointment Rummage Sale 8:00 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health with Maurine</p>	<p>15 Rummage Sale 8:00 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>17 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>18 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics Noon Classes of '65 & '66 12:00 Pinochle 1:00 Dancing 3:00 Balance</p>	<p>19 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>20 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 2:00 The Affinity Group 3:00 Balance</p>	<p>21 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up 4:15 Tai Chi</p>	<p>22 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>24 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>25 Memorial Day (Center open 8:00 a.m. to 2:00 p.m.) </p>	<p>26 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers</p>	<p>27 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 11:30 Health & Fitness 12:00 Pinochle 3:00 Balance</p>	<p>28 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club / 2:00 Writing 4:15 Tai Chi 5:00 Volunteer Appreciation</p>	<p>29 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet</p>	<p>30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>31 \$6 BBQ RIB Dinner 11 to 1 p.m.</p>						