



















**Adult Enrichment & Wellness
Program– 188 Carlton St.
(647)249-9462**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 11:30am—1:30pm  Member Council Meeting and May Calendar Sign up confirmations</p>	<p>3 11:30am--1:30pm Bingo-25cents each card </p>	<p>4 <u>Chair Yoga (Sanctuary Rm.)</u> 11:30am-12:30pm <u>Expressive Arts(Painting)</u> 1:00pm--2:30pm</p>	<p>5 (Sanctuary Room) <u>Chair Fitness</u> 11:30am-12:30pm </p>	<p>6 (Sanctuary Room) 11:30am-12:30pm <u>Tai Chi</u> </p>
<p>9 11:30am-1:30pm Bingo-25cents each card </p>	<p>10 <u>Tech Class 101– Tablets</u>  11:30am--1:15pm <u>Zumba Fitness-1:30pm-2:30pm</u></p>	<p>11 <u>Craft– Scrapbooking Club</u> 11:30am--1:30pm </p>	<p>12 (Sanctuary Room) <u>Chair Fitness</u> 11:30am-12:30pm </p>	<p>13 <u>No Program</u></p>
<p>16 11:30am—1:30pm Bingo-25cents each card </p>	<p>17—11:30am--1:30pm Senior Got Talent Karaoke </p>	<p>18 <u>Chair Yoga (Sanctuary Rm.)</u> 11:30am-12:30pm <u>Expressive Arts(Painting)</u> 1:00pm--2:30pm</p>	<p>19-(Sanctuary Room) <u>Chair Fitness</u> 11:30am-12:30pm </p>	<p>20-(Sanctuary Room) 11:30am-12:30pm <u>Tai Chi</u> </p>
<p>23 <u>No Program</u> </p>	<p>24 <u>No Program</u></p>	<p>25 11:30am--1:30pm Bingo-25cents each card </p>	<p>26 <u>Famous People Players Trip</u> 10:15am-3:30pm <u>Bus leaves 10:30am!</u></p>	<p>27 <u>No Program</u></p>
<p>30 11:30am—1:30pm Bingo-25cents each card </p>	<p>31 <u>Tech Class 101– Tablets</u>  11:30am--1:15pm <u>Zumba Fitness-1:30pm-2:30pm</u></p>	<p>Must call to sign-up for EACH activity. Sindi (Program Coordinator) (647)249-9462</p>	<p>Space is limited NO DROP INS <u>Schedule subject to change</u></p>	