

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
ACTIVITIES CALENDARS ARE SUBJECT TO CHANGE				
		7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 1 9:30 FOYCOA BOD MTG-C 9:30 Bingo-B/f 9:45 Duplicate Bridge BOD Mtg-A 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -Ageism Netflix-A 1:00 Ladies Poker-B/b 1:00 Mahjongg-B/b 1:30 NO Meditation 1:30 Floating Bridge Group-B/b 2:00 Buried in Treasure Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 2 9:00 Joe Guardino Fitness-B/b 10:30 Co-ed Choral Group-B/f 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Cooking-K & B/f 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Tech Talk I:1 Appointments-PO 1:30 Floating Bridge Group-S/b 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 3 9:30 Bingo-B/f 9:30 State Rep. Will Crocker-C 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 2:00 Brown Bag-A & B 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 6 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting-A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Legal Appointments-PO 1:30 3-Part Nutrition-B/f-1/3 1:30 Floating Bridge Group -S 2:00 Energy Committee-PO 6:00 ZUMBA -B/f	8:00 ZUMBA GOLD-B/f 7 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Meeting-B 10:45 YOGA-S 11:30 Senior Dining-B/f 11:00 Men's Sports Roundtable-A 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Tai Chi-B/f 1:00 Ladies Poker-S 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/b	7:45 Dance Fit-B/b 8 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 9:45 Duplicate Bridge BOD Mtg-A 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -Ageism Netflix-A 1:00 Ladies Poker-B/b 1:00 Mahjongg-B/b 1:30 NO Meditation 1:30 Floating Bridge Group-B/b 2:00 Buried in Treasure Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9 9:00 Joe Guardino Fitness-B/b 10:30 Co-ed Choral Group-B/f 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S 1:00 SCOPA-S/f 1:00 Knitters Class-S 1:00 Hello Fun...Pedego Electric Bikes Presentation-B/f 1:30 Floating Bridge Group-S/b 1:30 Tech Talk I:1 Appointments-PO 3:00 Joe Guardino-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 10 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Sensory Series Workshop-A 10:30 NO YOGA 10:30 Caregiver's Support Group-C 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B 1:15 Restorative Pilates-S 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 13 9:00 Swedish Weaving-C 9:00 Legal Appointments-PO 9:00 Bird Carving-B 9:15 NO YOGA 9:30 Oil/Watercolor Painting-A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 C C Men's Club Monthly BOD Mtg-C 1:00 Hearing Clinic-PO 1:30 3-Part Nutrition-B/f-2/3 1:30 Floating Bridge Group -S 2:00 American Legion-A 2:00 Energy Committee-PO 6:00 ZUMBA -B/f	8:00 ZUMBA GOLD-B/f 14 9:00 Footcare-PO 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilters-A 9:00 Footcare-PO 10:30 AA Closed Meeting-B 10:45 NO YOGA 11:00 Men's Sports Roundtable-A 11:00 CC Men's Club Investment Group-C 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 15 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie -Ageism Netflix-A 1:00 Mahjongg-B/b 1:00 Ladies Poker-B/b 1:30 NO Meditation 1:30 Floating Bridge Group-B/b 2:00 Buried in Treasure Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 16 9:00 Joe Guardino Fitness-B/b 10:00 Malnutrition Educational Workshop-B/f 10:00 CC Men's Club Energy Sessions-C 10:30 NO Co-ed Choral Group 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-A 1:30 Floating Bridge Group-S 1:30 Tech Talk I:1 Appointments-PO 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 17 8:30 IVET Program-A & B 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 NO YOGA 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 1:15 Restorative Pilates-S 1:30 Consumer Assistance Council Scam Series-B/f-1/4 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 20 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:00 Legal Appointments-PO 9:15 YOGA-S 9:30 Oil/Watercolor Painting-A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Legal Appointments-PO 1:00 CC Elder Abuse Coalition-C 1:00 Cape Cod Civil War Roundtable-A 1:30 3-Part Nutrition-B/f-3/3 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA -B/f	ELECTION DAY BALLROOM & CLASSROOM PROGRAMMING CANCELLED 9:00 Footcare-PO 10:45 YOGA-S 12:30 Ladies Poker-S 12:30 Contract Bridge-S 1:00 SCOPA-S/f 1:00 Sight Loss Services-C	7:45 Dance Fit-B/b 22 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie-AGEISM Netflix-A 1:30 YFD Spring Fire Safety Talk-B/f 1:00 Ladies Poker-B/b 1:30 Meditation & Mindful Movement-S 1:30 Floating Bridge Group-B/b 2:00 Buried in Treasure Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 23 9:00 Joe Guardino Fitness-B/b 10:00 Dan Knapik Office Hours-C 11:30 Co-ed Choral Group-B/f 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S 1:30 Floating Bridge Group-S 1:30 Tech Talk I:1 Appointments-PO 2:00 Grief Recovery Workshop-C 2:00 Parkinson's Support Group-B 3:00 Joe Guardino Fitness-A & B 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 24 9:00 Oral Hygiene Appts-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 12:30 Mahjongg Game Day-B 1:15 Restorative Pilates-S 3:00 Bit of Bliss Yoga-S
MEMORIAL DAY SENIOR CENTER CLOSED 	8:00 ZUMBA GOLD-B/f 28 9:00 Footcare-PO 9:00 Joe Guardino Fitness 9:00 Seashell Quilters-A 10:30 AA Closed Meeting-B 10:45 YOGA-S 11:00 Men's Sports Roundtable-A 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 Tai Chi-B/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 29 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Scrabble-B 11:30 Senior Dining-B/f 12:00 Blood Pressure Clinic-S/f 12:00 Cribbage-B/b 1:00 Grace & Frankie-AGEISM Netflix-A 1:00 Ladies Poker-B/b 1:30 Meditation & Mindful Movement-S 1:30 Floating Bridge Group-B/b 2:00 Buried in Treasure Workshop-C 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 30 9:00 Joe Guardino Fitness-B/b 10:00 Dan Knapik Office Hours-C 11:30 Co-ed Choral Group-B/f 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 SCOPA-S/f 1:00 Knitters Class-S 1:30 Floating Bridge Group-S 1:30 Tech Talk I:1 Appointments-PO 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 31 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-S 12:30 Mahjongg Game Day-B 1:15 NO Restorative Pilates 1:30 Women's Intimacy & Other Private Matters-B/f 3:00 Bit of Bliss Yoga-S