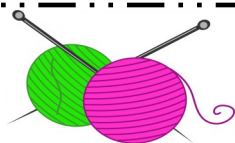


MAY 2021 – Calendar of Events & Classes, CALL to reserve your spot! 360-683-6806

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 9a Balance Exercise 11a Senior-size 1p Computer Clinic Zoom	4 10a Tai Chi 10a Diabetes Support Group 10a Intermediate Watercolor 2p Ping Pong	5 9a Balance Exercise 9a Water Media Drop-In 10a SHIBA 1p Ukulele 2:30p Language	6 11:00a Tap Dance 12p Bingo (Back to Thursdays!) 1p Beginning Watercolor	7 9:30a Basic Meditation Zoom	8
9	10 9a Balance Exercise 11a Senior-size 1p Computer Clinic Zoom	11 10a Tai Chi 10a Fiber Arts 10a Intermediate Watercolor 2p Ping Pong	12 9a Balance Exercise 9a Water Media Drop-In 10a SHIBA 1p Ukulele 2:30p Language	13 11:00a Tap Dance 12p Bingo 1p Beginning Watercolor 3p JEOPARDY!	14 9:30a Basic Meditation Zoom	15
16	17 9a Balance Exercise 11a Senior-size 1p Computer Clinic Zoom	18 10a Tai Chi 10a Fiber Arts 10a Intermediate Watercolor 2p Ping Pong	19 9a Balance Exercise 9a Water Media Drop-In 10a SHIBA 1p Ukulele 2:30p Language	20 11:00a Tap Dance 12p Bingo 1p Beginning Watercolor	21 9:30a Basic Meditation Zoom	22
23	24 9a Balance Exercise 10a Yoga 11a Senior-size 1p Computer Clinic Zoom	25 10a Tai Chi 10a Fiber Arts 10a Intermediate Watercolor 2p Ping Pong	26 9a Balance Exercise 9a Water Media Drop-In 10a SHIBA 1p Ukulele 2:30p Language	27 11:00a Tap Dance 12p Bingo 1p Begin. Watercolor 12-3pm OUR CENTER's 50th BIRTHDAY! Free Hot dogs, chips and drink. Open house too!	28 9:30a Basic Meditation Zoom	
30	31 CLOSED Mem Day					<i>See page 2 also . . .</i>



Fiber Arts/Stitchery/Knitting & Crocheting

are combining their groups and are now meeting on **Tuesdays in the Main Room at 10am**. Class size limited to 25. Call to join! The first week of the month crafter s meet on Wednes-

LEO'S CAFÉ is now open for dining. Grab breakfast or lunch on your way to your favorite activity, or **any time!** Open M-F 9a-2p



MORE RETURNING CLASSES & UPDATES!

You must call to reserve a spot! 360-683-6806



WOW is back and it's ready for change. WOW is now called Water Media Drop In. So please drop in with your form of Water Media whether it's Acrylic Paint, Watercolor, or even Colored Pencils, and join us for some fun! Water Media Drop In is held Wednesdays from 9am to 12am. You must register by calling the office at 360-683-6806. Class size limit to 6. Now that deserves two WOWS!



BINGO is now held Thursdays at 12pm. There will be a potluck!

Larry Powell returns as our Bingo caller! Game size is limited to 18; call to reserve a spot!

Exercise Classes

Balance Exercise begins **Mondays May 3rd** at 9am, Mondays, Wednesdays and Fridays. Call to reserve your space.

Senior-size is officially back! **Mondays only starting May 3rd at 11am**. Please call the office at 360-683-6806 to sign up.

NEW: Face shields will be available for \$2 each.



Introducing Kate!

Kate Danta is our new **yoga** instructor and she is so excited to get to share her love of yoga with ALL of you! She will introduce a new style of Yoga. Danta Yama Yoga- a Style of restorative yoga that embraces the concept of support and release. For your safety during these uncertain times, please bring your own mat. There will be other yoga equipment, such as blankets & blocks that will be assigned to each student. Whether you're a chair person or prefer to be on the floor- we will modify some of the poses so everyone can enjoy the benefits.

Class Begins Monday May 24th 10:00am to 11:30a. If you have any questions please call Kate directly at 858-437-2102, and call 683-6806 to reserve your spot!

COMPUTER LAB Computer lab is open! Space limited to 2 people. Call to reserve your max. 2-hour window. (360) 683-6806

LIBRARY and CRAFT STORE are open too! Limit of 2 people. Browse books, magazines, puzzles, crafts and gifts for sale. **ALSO:** Donate your puzzles and books!