

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Light Aerobics 10:30 Chair Yoga with Gia Massage (By Appt.)
4 FOOD SHARE <u>9-12 Food Bank</u> 9:30 Light Aerobics 11:45 Cooking for One with Marilyn 1:00 School Consolidation Community Conversation with Michael Pelton & Charles Britton	5 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize	6 9:30 Light Aerobics 10:00 Tour of UCONN Botanical Preserve & Living Collections Tour 10:30 Chair Yoga with Gia 12:00 Rug Hooking Group (1st & 3rd Wednesday) 9:30-2:00 Foot Clinic (By Appt.)	7 <u>9-12 Food Bank</u> 9:30 Stretch & Tone 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Sweet Treats & Conversation with Community Leaders 1:00 Scrabble Massage (By Appt.)	8 9:30 Light Aerobics 10:30 Chair Yoga with Gia 10:30 Family History FUN with Ken Doney Massage (By Appt.)
11 <u>9-12 Food Bank</u> 9:30 Light Aerobics 10:30 Bloom Where Planted Therapeutic Plant & Nature Program - Pollinator Garden Workshop 1:00 Rides to Polls	12 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize	13 9:00 Walking Club - Meet at Breezy Corners parking lot 9:30 Light Aerobics 10:30 Chair Yoga with Gia 12:30-4:00 Bridge (Every other Wednesday) 10:30 Shopping Trip to Berlin TPKE - Ocean State Job Lot, Walmart, Lunch at Joe Garlic's 1:30 BINGO with Sean from Ageless Insurance	14 <u>9-12 Food Bank</u> 9:30 Stretch & Tone 10:00 Knit & Stitch 10:45 The Heart of Health & Community 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble Massage (By Appt.) 6:30 Travelers Choral "Oh, What a Night"	15 9:30 Light Aerobics 10:30 Chair Yoga with Gia 11:00 Mohegan Sun Casiino Trip Massage (By Appt.)
18 FOOD SHARE <u>9-12 Food Bank</u> 9:30 Light Aerobics 12:00 Bureau of Aging Workshop - Navigating the Caregiving Maze 10:00 Veterans Benefits Workshop	19 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize	20 9:30 Light Aerobics 10:30 Chair Yoga with Gia 11:00 Lunch at The Fisherman at Long Point 12:00 Rug Hooking Group (1st & 3rd Wednesday) 2:00 Drum Circle	21 <u>9-12 Food Bank</u> 9:30 Stretch & Tone 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble 9:00-1:30 Foot Clinic (By Appt.)	22 9:30 Light Aerobics 10:30 Chair Yoga with Gia Massage (By Appt.)
25 CLOSED FOR MEMORIAL DAY	26 9:30 Watercolor Class 9:30 Bears on a Journey 12:00 Congregate Meal 1:00 Coupons 1:00 Set Back 5:00 SyncoCize	27 9:30 Light Aerobics 10:30 Chair Yoga with Gia 12:30-4:00 Bridge (Every other Wednesday)	28 9-12 Food Bank 9:30 Stretch & Tone 10:00 Knit & Stitch 12:00 Congregate Meal 12:30 Mah Jongg (FULL) 1:00 Scrabble Massage (By Appt.)	29 9:30 Trip to Hammonasset & Lunch at Lenny & Joes 9:30 Light Aerobics 10:30 Chair Yoga with Gia Massage (By Appt.)



DAFFODIL FESTIVAL TRIP - SUNDAY, MAY 3RD, 9-1
Registration Required, call 860-342-6761 to sign up