



# May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DR = Dining Room WC = Wellness Center L = Library CR = Conference Room				1 9:00 Coffee Hour - DR 9:30 Golf Meeting - CR 10:30 Better Balance - WC 12:00 Game Day - DR	2
3 7:30 AA - DR	4 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	5 9:00 Bone Builders - WC 10:00 Sewing Circle - L 1:00 Mahjong (beg) - L 2:30 Line Dance - WC 3:00 Creative Writing - DR	6 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note - L (Singing Group) 10:30 Better Balance - WC 12:00 CCC Lunch - DR	7 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye - WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 6:00 Ukulele - WC	8 9:00 Coffee Hour - DR 10:30 Better Balance - WC	9
10 7:30 AA - DR Mothers Day!	11 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	12 9:00 Bone Builders - WC 9:00 CCC Board Meeting - DR 10:00 Sewing Circle - L 11:00 Program Committee Meeting - DR 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	13 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	14 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye - WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 1:00 Painting Daffodils with Martie - DR	15 9:00 Coffee Hour - DR 9:30 Blood Pressure Checks - DR 10:30 Better Balance - WC	16
17 7:30 AA - DR	18 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	19 9:00 Bone Builders - WC 10:00 Sewing Circle - L 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	20 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR Birthday Cake <b>Birthday Lunch</b>	21 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye - WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 6:00 Ukulele - WC	22 9:00 Coffee Hour - DR 10:30 Better Balance - WC	23 10:00 Bake Sale at Fair Haven Welcome Center Fundraiser for the Community Center 
24 7:30 AA - DR	25 Center Closed Memorial Day 	26 9:00 Bone Builders - WC 10:00 Sewing Circle - L 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	27 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	28 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye - WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L	29 9:00 Coffee Hour - DR 10:30 Better Balance - WC 6:00 Spring Fling Potluck - DR	30
31 7:30 AA - DR		Please refer to the program descriptions for details.				