


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Belpre Senior Center	1 10am-Blood Pressure Screening 10:30am-Horse Races 11am-O'Neill Program 11:45am-Lunch(\$4) 1pm-Cards/Games <small>May Day</small>	2 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	3 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	4 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Secretariat"	5 <small>Cinco de Mayo</small>	
6	7 10am-Chi Walking 10am-Beginning Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Dinner with a Doc	8 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Crafts 6pm-Nickel Bingo	9 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	10 10am-Blood Pressure/Sugar Screening 11am-Mother's Day 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	11 9:30am-Bible Discussion Group Ladies Spa Day 11am-2pm NO MOVIE	12
13 <small>Mother's Day</small>	14 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alz. Caregiver 2pm-Chair Volleyball 5:30pm-Low Impact	15 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	16 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics <small>First Day of Ramadan</small>	17 11am-Stroke Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	18 9:30am-Bible Discussion Group Volleyball Tournament 1pm-Movie "The Vow"	19
20 <small>First Day of Shavuot</small>	21 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics	22 10:30-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Diabetes Support Group 1pm-Cards/Games	23 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	24 10am-Elbin Hearing 11am-Memorial Day 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 1pm-Bunco	25 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "The Great Debaters"	26 <small>Armed Forces Day</small>
27	28 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Memorial Day</small>	29 11am-Harmon Place Full Moon Talk 11:45am-Lunch(\$4) 1pm-Cards/Games	30 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	31 11am-Music with Bob Martin 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	<i>As full of spirit as the month of May, and as gorgeous as the sun in Midsummer... -William Shakespeare</i>	