




| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  |  <p>● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops</p> | <p>8:00 Walking Group ● 1 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p> | <p>9:00 NOCE- Crocheting & Knitting 2 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations ● 12:30 Creative Coloring 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Ukulele Jam ● No Festive Fitness With Deena</p> | <p>7:30 Pickleball ▲ 3 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 9:00 NOCE - Health & Wellness with Eunice 11:00 Meals on Wheels Lunch 12:30 NOCE - Fit & Healthy with Kenny</p> <p>No Movie Today No Health Enhancing Class</p> |
| <p>8:00 Walking Group ● 6 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Chair Yoga ▲ 10:30 Senior Programs Office Hours 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo (Hunt Branch Library) ● 1:00 Caring Companions ●</p> | <p>7:30 Pickleball ▲ 7 9:00 Tai Chi Chuan (Hunt Branch Library) ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan (Hunt Branch Library) 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:30 Therapeutic Art Class + 6:00 Tuesday Evening Dance</p> | <p>8:00 Walking Group ● 8 8:30 Farmer's Market 8:30 Tai Chi Chuan (Hunt branch Library) ● 8:45 Beginning Tai Chi Chuan(Hunt Branch Library) 10:00 Physical/mental Exercise of Brain+ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Cultural Excursions for Seniors ▲ 4:00 Birthday Karaoke with Optum ● No Line Dance Alive</p> | <p>9:00 NOCE- Crocheting & Knitting 9 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 12:00 Korean Medicare + 12:00 Festive Fitness With Deena 12:30 Creative Coloring 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Drum Circle ● No Table Tennis No Grocery Distribution No Trivia</p> | <p>7:30 Pickleball ▲ 10 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:30 Clase de Educacion para la Salud 12:30 Friday Movie - "Mother's Day" 12:30 NOCE - Fit & Healthy with Kenny</p> |
| <p>8:00 Walking Group ● 13 9:00 Aquarium of the Pacific Trip 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo (Hunt Branch Library) ● 12:30 Medicare 101 & social security Workshop +</p> | <p>7:30 Pickleball ▲ 14 9:00 Tai Chi Chuan (Hunt Branch Library) ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan(Hunt Branch Library) 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:00 Senior Zumba + 12:30 Therapeutic Art Class + 6:00 Tuesday Evening Dance ▲</p> | <p>8:00 Walking Group ● 15 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 12:30 Open Mic Workshop + 4:00 Karaoke! No Line Dance Alive</p> | <p>9:00 NOCE - Crocheting & Knitting 16 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 11:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Sing-a-Long No Festive Fitness With Deena</p> | <p>7:30 Pickleball ▲ 17 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30 Crafternoon - WaterColor Poppy Painting</p> <p>No Movie Today.</p> |
| <p>8:00 Walking Group ● 20 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation ▲ 11:00 Table Tennis 11:00 Ipad Training Class + 12:00 Medicare Counseling - HICAP 12:30 Bingo ●</p> | <p>7:30 Pickleball ▲ 21 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:30 Loteria 12:30 Therapeutic Art Class + 1:00 Cal Optima Health Pace Presentation 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲</p> | <p>8:00 Walking Group ● 22 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:00 Phone Photography 101: Understanding your camera settings + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! No Line Dance Alive</p> | <p>9:00 NOCE - Crocheting & Knitting 23 9:00 NOCE - Staying Mentally Sharp 9:30 Tomatoes A-Z Workshop + 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Festive Fitness With Deena 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Drum Circle</p> | <p>7:30 Pickleball ▲ 24 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "The Adam Project" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - Watercolor Poppy Painting</p> |
|  <p>27</p> | <p>28</p> <p><i>Similar Schedule to May 21st</i> Exclude: 12:30 Therapeutic Art Class 1:00 CalOptima Peace Presentation Include: 12:30 Bunco No NOCE Classes</p> | <p>29</p> <p><i>Similar Schedule to May 22nd</i> Exclude: 10:00 Phone Photography 101 No NOCE Classes No Line Dance Alive</p> | <p>30</p> <p><i>Similar Schedule to May 23rd</i> Exclude: Tomatoe A-Z Workshop + Add: 5:00: Senior Prom ▲ No NOCE Classes No Festive Fitness With Deena</p> | <p>31</p> <p><i>Similar Schedule to May 24th</i> Include: 9:00 Bulletin Collation 10:00 Memorial Recognition No NOCE Classes</p> |

To register call (714) 738 - 6575