

# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 8:00-9:00 Staff & Volunteer Meeting 9:30 Exercise  12:30 Lucky's 777 (Senior Specials)	<b>2</b> 12:30 SOCIAL  1:00 REIKI (\$5 Donation)	<b>3</b> 9:30 Exercise	<b>4</b>
<b>5</b>  <b>Cinco De Mayo</b>  	<b>6</b> 9:15-10:15 Walking Group	<b>7</b> 9:30 Exercise  12:30 BINGO	<b>8</b> 9:30 Exercise  10:30-Noon **SeniorU "Unique Garden Ideas" (sign up) 3:00-COA BOARD Meeting	<b>9</b> 12:30 SOCIAL  1:00-2:30 Blood Pressure	<b>10</b> 9:30 Exercise	<b>11</b> 10:15-11:00 St. Joseph's Food Pantry
<b>12</b>  <b>Mother's Day</b>  	<b>13</b> 9:15-10:15 Walking Group 10:30-Noon "CRAFT" Project (2 <sup>nd</sup> Monday each month) 10:00 FOOD PANTRY (those without transportation)	<b>14</b> 9:30 Exercise  12:30 BINGO	<b>15</b> 9:30 Exercise	<b>16</b>  10:00-11:00 TRIAD  1:00 REIKI (\$5 Donation)	<b>17</b> 9:30 Exercise	<b>18</b>  2:00pm Bailey Street Brass (Holbrook Court) (transportation available) <b>Call the COA</b>
<b>19</b>	<b>20</b> 9:15-10:15 Walking Group  12:30 Pizza/Salad & Movie (sign up) (\$3 donation)	<b>21</b> 8:00-9:00 Staff & Volunteer Mtg. 9:30-Exercise 12:30-BINGO 7:00-COA Building Advisory Cte.	<b>22</b> 9:30 Exercise	<b>23</b> 12:30 SOCIAL 1:00 Bak-Ta-Bak  1:00-2:30 Blood Pressure	<b>24</b> 9:30 Exercise	<b>25</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
<b>26</b>	<b>27</b> <b>Memorial Day</b>  <b>(CLOSED)</b>	<b>28</b> 9:30 Exercise  12:30 BINGO	<b>29</b> 9:30 Veteran Agent  11:30-1:30 AVON (sign-up) Memory Café	<b>30</b> 12:30 SOCIAL 1:00-2:00pm THERAPY GARDENS "Herb Garden Starter Kit" (sign up)	<b>31</b> 9:30 Exercise	

**\*\* PLEASE NOTE:** We are accepting sign-ups for **Therapy Gardens** and **SeniorU** workshops for the "current" month only in order to avoid any confusion regarding future dates. Please call 781-767-4617.