

NEW BEGINNINGS PROGRAMMING: MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dining Room Seating Begins at 11:30 a.m.</p> <p>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:20 p.m.</p>				<p>1</p> <p>10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Building Strong Bones: Understanding and Preventing Osteoporosis 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Waitress (2007)</p>
<p>4</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>5</p> <p>9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:00 Workshop: Stay Safe & Savvy: Scam Awareness 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades</p>	<p>6</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Talent is Timeless Showcase 1:30 Water Aerobics</p>	<p>7 Mother's/Father's Day Luncheon</p> <p>9:15 Intermediate Level Spanish 10:00 Silver Swans Dance Class 10:00 Text and Traditions 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem 1:15 Entertainment: Mesha</p>	<p>8</p> <p>10:00 Spanish Language Current Events 10:00 Nutrition Food Demo: Lemon Pepper Tofu Power Bowl 10:00 Ping Pong 10:45 Meditation 11:00 Workshop: Knowledge is Power: Protecting Yourself from Scams. 12:40 Friday Flicks: Joy (2015)</p>
<p>11</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Elder Justice Presentation: Introduction to Artificial Intelligence (AI) 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 General Membership Meeting 2:00 Poetry Workshop</p>	<p>12</p> <p>9:45 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades 1:00 Concert: Gardens in the Spring</p>	<p>13</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Open Swim</p>	<p>14 Trip: Trader Joe's/H-Mart</p> <p>9:15 Intermediate Level Spanish 10:00 Silver Swans Dance Class 10:00 Text and Traditions 10:30 Functional Movement 10:45 Singing with Seniors 12:30 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>15 Trip: Walmart</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: The Greatest Showman (2017)</p>
<p>18</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Advisory Council Meeting 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Concert: The Bardekova Ensemble 1:00 Bingo 2:00 Poetry Workshop</p>	<p>19 May Birthday Party</p> <p>9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) (Cancelled) 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) (Cancelled) 1:00 Knitting with Barbara 1:00 Brain Games/Charades 1:15 Entertainment: Nicole</p>	<p>20 Trip: Annual Advocacy Day</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:00 Food Pantry 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Open Swim</p>	<p>21 Jewelry Sale</p> <p>9:15 Intermediate Level Spanish 10:00 Advanced Watercolor Painting (Full) 10:00 Text and Traditions 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>22</p> <p>CLOSED FOR SHAVUOT</p>
<p>25</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>26</p> <p>9:45 Mah Jongg (Advanced) 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades</p>	<p>27</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart (CANCELLED) 10:00 Culminating Event: Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Water Aerobics</p>	<p>28</p> <p>9:15 Intermediate Level Spanish 10:00 Advanced Watercolor Painting (Full) 10:00 Nutrition Lecture: Dietary Fiber 10:30 Functional Movement 10:45 Singing with Seniors 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem 1:00 Book Club (H-Full)</p>	<p>29</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: 42 (2013)</p>