

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Club* Ask about our Monday evening Duplicate Bridge Group	9:15 Meditation 9:45 Chair Yoga 11:00 Pop Up Hula Hoop Class with Jeannie+ 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 12:30– 3:00 Lunch Group* (all are welcome, bring your lunch!)	Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group* (all are welcome, bring your lunch!)	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Don’t forget the trip to see Legally Blonde on Sunday, 6/8++
9	10	11	12	13
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Club* Ask about our Monday evening Duplicate Bridge Group	Trip to West Point- Bus leaves at 8:00 a.m.++ 9:15 Meditation 9:45 Chair Yoga 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 11:15 Travel Presentation for the Shades of Ireland Trip+ 12:30– 3:00 Lunch Group* (all are welcome, bring your lunch!)	Noon – 4:00 Retired Men’s Group* 1:30-3:30 Pool Chat Group* (all are welcome, bring your lunch!)	10:00 Exercise with Felicia CANCELLED 11:00 Resistance Bands with Felicia CANCELLED
16	17	18	19	20
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Club* Ask about our Monday evening Duplicate Bridge Group	9:15 Meditation 9:45 Chair Yoga 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 12:30– 3:00 Lunch Group (all are welcome, bring your lunch!) 1:30-3:30 Lunch Group* (all are welcome, bring your lunch!)	SENIOR CENTER CLOSED	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia
23	24	25	26	27
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Club* Ask about our Monday evening Duplicate Bridge Group	9:15 Meditation 9:45 Chair Yoga 11:00 Educational Session with NYU Nuances of Women’s Health Emergencies+ 1:00-3:00 Open Ping Pong	10:00 Exercise with Felicia 12:00 BINGO with Erin Fleischmann+ 12:30 – 3:00 Lunch Group* (all are welcome, bring your lunch!)	Noon – 4:00 Retired Men’s Group 1:30-3:30 Pool Chat Group* (all are welcome, bring your lunch!)	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia 11:15 NY State Division of Consumer Protection: Identity Theft Prevention Seminar+
30				
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Club* Ask about our Monday evening Duplicate Bridge Group	For further information on becoming a member of any group, please see the front desk, or call (516) 385-8006		*Denotes an established group. + Denotes reservations required. ++Denotes a “pay to go” class/event.	

