

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Open to the Public <b>\$2.00 Biscuits and Gravy</b> On Wednesday's only. Serving from 8-10 a.m. Buy coffee from coffee shop</p>  	<p><b>1</b> 10:30 a.m. Talk Show "Art Deco Architecture of Sioux City" with Tom Munson from the Sioux City Public Museum</p> <p>1:00 p.m. May Day Baskets with Siera from Humana (Must be signed up)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>2</b> 1:00-2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance--(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class--(Beginner) 9:30 am Duplicate Bridge Class--(Intermediate) 10:00 am Line Dance--(Beginner) 10:00 am Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <b>\$1.00</b> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's &amp; Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>3</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00-11:30 am Blood Pressures-- St. Luke's (1st) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p><b>Featuring "Jerry O'Dell's Country Flavor Band"</b></p>
<p><b>6</b></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Tap Class 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 11:30 am-12:30 pm Lunch 12:30 pm Movie "August Rush" 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>7</b> 3:00 pm Cooking with Shelby "Gourmet Burgers" (1st &amp; 3rd Tues.) Sign up -limit of 25</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>8</b> 10:30 a.m. Talk Show "A Guide To Estate Planning" with Attorney, Colby Lessman</p> <p>1:00 p.m. Genealogy Class (2nd Wed.)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>9</b> 1:00-2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance--(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class--(Beginner) 9:30 am Duplicate Bridge Class--(Intermediate) 10:00 am Line Dance--(Beginner) 10:00 am Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <b>\$1.00</b> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's &amp; Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>10</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am-11:30 Blood Pressures-- Mercy (2nd) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p><b>Featuring "Country Brew"</b></p>
<p><b>13</b> 9:30 am Grief Support (2nd Monday of the month)</p> <p>1:00 pm Birthday Party Hosted by: Line Dancers Entertainment: Line Dancers</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Tap Class 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong, Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>14</b> 11:30 a.m. Sanford's Women - Free Lunch &amp; Learn "Overactive Bladder, Treatment Options" with Dr. Kevin Benson (Sign up required)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>15</b> 10:30 a.m. NO-Talk Show Volunteer Luncheon (By Invitation)</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session--No Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>16</b> 10:30 a.m. Talk Show "Best Photos of the Year" Annual Contest Photos with Tom Schoening from Sioux City Camera Club</p> <p>1:00-2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance--(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class--(Beginner) 9:30 am Duplicate Bridge Class--(Intermediate) 10:00 am Line Dance--(Beginner) 10:00 am Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <b>\$1.00</b> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's &amp; Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>17</b> 11:00 a.m. -1:00 p.m. "Shredtastic"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee, Wii Bowling 9:30 am Women's Pool Shooting Class 10:00-11:30 am Blood Pressures-- St. Luke's (3rd) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p><b>Featuring "4 on the Road"</b></p>
<p><b>20</b> 11:30 a.m. CNOS- Free Lunch &amp; Learn "Safe Treatment Options for Joint Pain, Including Platelet Rich Plasma and Stem Cell Injections" with Dr. Ray Sherman (Sign up required)</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 8:30 am Yoga with Amanda 9:00 am Mah Jong 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tai Chi (Advanced) 9:30 am Tap Class 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "October Sky-- in the Board Room" 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Jazz Dancercise 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds</p>	<p><b>21</b> 10:00 a.m. Silver Sneakers Fitness Workshop "A Little Means A Lot" with Jeff Prendergast (Sign Up Required)</p> <p>3:00 pm Cooking with Shelby "Memorial Day Cookie Bars" (1st &amp; 3rd Tues.) Sign up -limit of 25</p> <p>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>22</b> 10:30 a.m. Talk Show "Finding Your Inner Artist in Retirement" with Jeanne Emmons</p> <p>1:00 p.m. Crafts with Anna- "Cactus Rocks" (4th Wed.) Sign up -limit of 35</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>23</b> 1:00-2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance--(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class--(Beginner) 9:30 am Duplicate Bridge Class--(Intermediate) 10:00 am Line Dance--(Beginner) 10:00 am Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <b>\$1.00</b> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's &amp; Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>24</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am-11:30 Blood Pressures-- Mercy (4th) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p><b>Featuring "No Band-Cancelled - Due to Memorial Day Weekend"</b></p>
<p><b>27</b> 1:00 p.m. - Parkinson's Support Group (4th Monday of month) No group today-center is closed-next group is June 24th at 1:00 p.m.</p> <p><b>CENTER IS CLOSED</b></p> 	<p><b>28</b></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Tai Chi Class - (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Mexican Train 1:00 pm Painting Class 1:00 pm Tap 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>29</b> 10:30 a.m. Talk Show - Questions and Answers with Sioux City Council Member, Rhonda Capron</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>31</b> 1:00-2:00pm Open Door Time with Pat</p> <p>8:30 am Penny Bingo 9:00 am Line Dance--(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class--(Beginner) 9:30 am Duplicate Bridge Class--(Intermediate) 10:00 am Line Dance--(Beginner) 10:00 am Men's Club, Women's Club 11:00 am Balance Class w/YMCA Instr. <b>\$1.00</b> 11:00 am German- (Beginner) 11:00 am Line Dance - (Advanced) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Men's &amp; Women's Social Group, Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>31</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am-Blood Pressures-- Recover Health (5th) 10:00 am Chair Yoga with Kaye 11:30 am-12:30 pm Lunch 12:00 pm Tap - (Beginner) 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p><b>Featuring "Shirley's Big Band"</b></p>