

NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	2 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Chocolate Dessert Day 12:30pm Mah Jongg	3 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	4 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/ Cinco de Mayo Celebration 12:30pm Cribbage 12:30pm Mah Jongg
7 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Lunch & Learn 12 pm Duplicate Bridge 12:30 pm Dominoes	8 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	9 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/WORM Day 12:30pm Mah Jongg	10 8:45am Day Trip 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	11 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30 am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/ Fantastic Fri. 12:30pm Cribbage 12:30pm Mah Jongg
14 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	15 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	16 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café/Trivia Day 12:30pm Mah Jongg	17 <p style="text-align: center;">NAM CLOSED FOR STAFF TRAINING</p>	18 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Birthday Cele. 12:30pm Cribbage 12:30pm Mah Jongg
21 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/Bingo Extrav. 12 pm Duplicate Bridge 12:30 pm Dominoes	22 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	23 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn/ Stroke Awareness 12:30pm Mah Jongg	24 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 11am AARP Safe Driving Class 1 pm Advanced Line Dancing	25 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Memorial Day 12:30pm Cribbage 12:30pm Mah Jongg
28  <p style="text-align: center;">MEMORIAL DAY NAM CLOSED</p>	29 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	30 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn/ Disaster Preparedness 12:30pm Mah Jongg	31 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing	



M
A
Y

2
0
1
8



