May 2013

www.FrederickCountyMd.gov/aging

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 **LAW DAY-9-2:30** 9:00-S.Training 11:00-M&M Exercise 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30- Zumba Gold* 1:30-Line Dancing May Day	**2** **HEALTH FAIR-9-1:00** 9:00-Quilting 11:00-**NO S.training** 12:15-Chair Yoga* 12:30-Bingo-Towson Nursing Students 1:30-Knitting 1:30-Tai Chi*	**3** 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	**4** **LAW DAY**-ADVANCE DIRECTIVES-FREE-APPOINTMENTS ONLY-9:00-2:30-CALL 301-600-3525
5 "There's A Doctor in The House"-May 8-"Acupuncture"-Claudia Olson-Acupuncturist Call 301-600-1048 for meal, $5.00, and/or program Cinco de Mayo 5-7:00pm	**6** 9:30-S.Training 11:00-M&M Exercise 12:30-W.of Fortune 1:00-Art Class 4:30-Zumba Gold*	**7** 10:00-Blood Pressure 10:00-Healthy Eating Series-Steve Stoyke 10:00-Mobile I&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	**8** 9:00-S.Training 11:00-M&M Exercise 12:30-Zumba Gold* 12:30-Bridge/Pinochle 1:30-Line Dancing 5-7:00-"Acupuncture" program	**9** 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Valley Boys"-Music& Special Meal 1:00-Bookmobile 1:30-Tai Chi*	**10** 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30Zumba Gold* Trip-National Capital Radio/TV.	**11** **"Ways To A Healthier Heart"-** Towson U. School of Nursing-9:30-1:00-Open to the public
12 Tuesdays-10:00-Healthy Eating Series /Steve Stoyke $1.00per class 4/7,4/14,/4/21 Mother's Day	**13** 9:30-S.Training 11:00-M&M Exercise 12:30-W.of Fortune 1:00-Art Class 4:30-Zumba Gold*	**14** 10:00-Healthy Eating Series-Steve Stoyke 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	**15** 9:00-S.Training 11:00-M&M Exercise 12:30-"Protein in an Eggshell"/Kitty 12:30-Zumba Gold& 12:30-Bridge/Pinochle 1:30-Line Dancing*	**16** 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-Music by Evelyn and Charles Summers 1:30-Knitting 1:30-Tai Chi*	**17** 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold* Trip-Accokeek Foundation	**18** Strength Training-$3.00 per class-pay as you go M&M Exercise-$1.00+ per class All other exercise classes,(*) pay for entire session Armed Forces Day
19 TRIP INFORMATION- 301-600-7020	**20** 9:30-S.Training 11:00-M&M Exercise 12:30-W.of Fortune 1:00-Art Class 4:30-Zumba Gold*	**21** 10:00-Healthy Eating Series-Steve Stoyke 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	**22** 9:00-S.Training 11:00-M&M Exercise 12:30-"Why Am I So Tired"/Kathy/AERS 12:30-Zumba Gold* 12:30-Bridge/Pinochle 1:30-Line Dancing	**23** 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"All About Sleep"/Steve Stoyke 1:00-Bookmobile 1:30-Tai Chi*	**24** 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	**25**
26 COMPUTER CLASSES-CALL 301-600-1605 FOR SCHEDULE	**27** CLOSED Memorial Day	**28** 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	**29** 9:00-S.Training 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30- Line Dancing	**30** 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-Music with George Kleinspehn 1:30-Tai Chi*	**31** 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta	SPECIAL MEAL-MAY 9 CHICKEN CORDON BLEU, STRAWBERRY SHORTCAKE