



May 2021 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	Mayor Barnett YouTube 9 am – Virtual Cardio Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Technology Club 2:30 pm – Virtual Chair Yoga	10:30 – Spanish Conv. Group	10:30 am – MAC Group 2:30 pm – Chair Yoga		
9	10	11	12	13	14	15
	9 am – Virtual Cardio Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Technology Club 2:30 pm – Virtual Chair Yoga	10:30 – Spanish Conv. Group 2 pm – Writers & Readers	10:30 Great Lakes 2:30 pm – Chair Yoga		
16	17	18	19	20	21	22
	9 am – Virtual Cardio Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Technology Club 1 pm – Be Informed 2:30 pm – Virtual Chair Yoga	10:30 – Spanish Conv. Group	10:30 am – MAC Group 2:30 pm – Chair Yoga		
23	24	25	26	27	28	29
	9 am – Virtual Cardio Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Technology Club 1 pm – Book Club 2:30 pm – Virtual Chair Yoga	10:30 – Spanish Conv. Group	2:30 pm – Chair Yoga		
30	31					
	BUILDING CLOSED					

Information and links to register for these programs are available on the homepage under Featured Virtual Programs
Please register in advance!