

CLOVERDALE SENIOR CENTER

Event Calendar - May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 6:00pm Meditation Circle	2 8:15am Walking Group 9am Yoga 9:30 HICAP (By Appt) 10am Enneagram 10am SRJC Art Class 11:30am Lunch 11:30am-1pm Blood Pressure Check	3 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training	4 8:15am Walking group 10am Legal Aid (By Appt) 10am Senior Produce Market 11:30am Lunch 11-12 Legal Aid Presentation 12:30pm-5pm Games	5
6	7 8:15am Walking Group 9am HAIRCUTS 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:15pm Bingo	8 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 6:00pm Meditation Circle	9 8:15am Walking Group 9am Yoga 9:30am Legal Counseling (By Appt) 10am Enneagram 10-1 Podiatrist by appt 10am SRJC Art Class 11:30am Lunch 2pm Collage Group	10 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training DEADLINE TO REGISTER FOR THE SF GIANTS VS LA DODGERS AT AT&T PARK (GAME JULY 11 TH)	11 8:15am Walking Group 10 am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 12:00 Mother's Day Celebration Brunch 12:30-pm-5pm Games	12
13	14 8:15am Walking Group 9am Restorative Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:00pm Gardening Group 1:15pm Bingo 3:15 BUNCO	15 9am Yoga 10 am Women's Group 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 6:00pm Meditation Circle	16 8:15am walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11:30am Lunch 11:30am-1pm Blood Pressure Check 1pm NEW MEMBERS MEET & GREET w/ Mardi	17 10:15am Nimble Fingers 11:30 Lunch 12:30 Monthly BIRTHDAY PARTY! 1pm Intermediate Water Color Class 1:30pm Strength training 	18 8:15am Walking group 10am Senior Produce Market 10am Legal Aid (By Appt) 10:00am Diabetic Management Presentation 11:30am Lunch 12:30pm-5pm Games	19
20	21 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 11:30am Lunch 1:15pm Bingo	22 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 11:30am Lunch 1:30pm Ted Talks 1:30pm Strength Training 6:00pm Meditation Circle	23 8:15 am Walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11:30am Lunch 2:00pm Collage Group	24 10:15am Nimble Fingers 11:30am Lunch 1pm Intermediate Water Color Class 1:30pm Strength Training 3:00-4:00pm Board Meeting 4:00-5:00pm Annual Meeting	25 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 11:00am Grid Alternatives Presentation 11:30am Lunch 12:30pm-5pm Games	26

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 MEMORIAL DAY HOLIDAY CENTER CLOSED	29 9am Yoga 10am Women's' Group 10:15am Line Dancing 11:30Lunch 1:30 Ted Talks Discussion Group 1:30pm Strength Training 6:00pm Meditation Circle	30 8:15am Walking Group 9am Yoga 10am Enneagram 10am SRJC Art Class 11:30am Lunch 1:00-2:30 pm Audiology Assoc. Presentation and Hearing Screening	31 10:15am Nimble Fingers 11:30 Lunch 1pm Intermediate Water Color Class 1:30pm Strength training		

PRESENTATIONS IN MAY:

May 4th, Friday, 11:00 **Legal Aid-Advance Directive**

May 18th, Friday, 10:00 **Diabetic Management**

May 25th, Friday, 11:00 **Grid Alternatives**

May 30th, Wednesday, 1:00-2:30 **Audiology Assoc. + Hearing Screening**

NEW THIS YEAR:

May 11th and May 25th, Friday, 10:30-11:30

Guitar Lessons with Beth by appointment

May 14th, Monday, 1:00

Gardening Group

SPECIAL EVENT:

May 11th, Friday, 12:00-1:00

Mother's Day Celebration

May 24th, Thursday, 3:00-5:00 p.m.

Board Meeting followed by Annual Meeting

SPECIAL EXCURSION:

May 10th, Thursday

Deadline to register for SF Giants vs. LA Dodgers at AT&T Park (Game is July 11th). Please see Melanie for further details.

707-894-4826 • 311 North Main Street, Cloverdale, CA 95425

Mailing: P.O. Box 663, Cloverdale, CA 95425 • www.CloverdaleSeniorCenter.com