




<p>1 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>2 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Monroe Ford Retirees 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>3 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club</p>	<p>4 Birthday Dinner 9:00 Movin' & Groovin' 10-1 Massages with JoAnn 10:00 Enhance®Fitness 10:00 Library in Motion 12:00 Pinochle 3:00 Balance 5:00 Trivia</p>	<p>5 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 3:00 Craft 7:00 Model A Club</p>	<p>6 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>8 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>9 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>10 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	<p>11 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:00 Movie 3:00 Balance</p>	<p>12 Rummage Sale Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 5:30 Happy to Chat</p>	<p>13 Rummage Sale 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>15 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>16 8:00 Newsletter Team 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>17 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	<p>18 8:30 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>19 Covid Shots Medicare with Jackie by appointment 9:00 Brain Aerobics 10:00 B. Pressure 10:15 Chair Yoga 3:00 Spring Craft</p> 	<p>20 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>22 11 a.m. to 1 p.m.</p>	<p>23 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance</p> 	<p>24 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	<p>25 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>26 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 11:30 Health Odyssey 1:30 Book Club</p>	<p>27 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>29 11 a.m. to 1 p.m. \$6 Special</p>	<p>30 Memorial Day Music with Manny and Smoothie Samples 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn</p>	<p>31 \$2 Soup & Sandwich MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	 <p>Monroe Center for Healthy Aging 734.241.0404</p>			