



# May 2021



## MONDAY

11:15am-12:15pm  
MELT Method  
Ilene Berke

## TUESDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

10:30am-11:30am  
Laugh, Flex & Stretch  
Lois Jackson

10:30am-12:00pm  
Music Appreciation  
Bob Norgel

11:30am-1:00pm  
COVID-19 Women's  
Support Group  
Sue Wellerstein

1:00pm-3:00pm  
Watercolor  
David Deyell

## WEDNESDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke

## THURSDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

10:30am-11:30am  
Arthritis  
Lois Jackson

## FRIDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke

