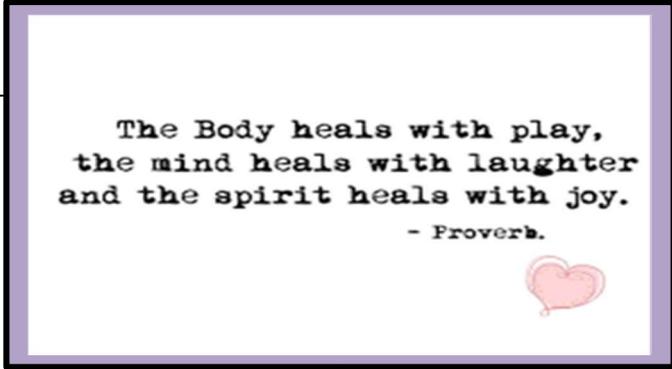


# May Wellness 2022

\*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:00 DRUMDANCE 11:00 BODY SCULPTING	10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:15 NOW & ZEN
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
11:00 BODY SCULPTING	<b>10:30 PENN MED- Adult / Child CPR</b> <b>To Register call 888.897.8979</b> 10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10:00 ZUMBA <b>11:00 CHAIR YOGA with Ria (free)</b> <b>Sign up with Jasmine at</b> <b>732 329-4000 x7670</b> 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:15 NOW & ZEN
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:00 DRUMDANCE 11:00 BODY SCULPTING	<b>10-12 PENN-Blood Pressure Screening</b> 10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES  <b>Blood Pressure Screening may impact</b> <b>Ping Pong Playing between 10-12noon</b>	10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:15 <b>NO</b> NOW & ZEN
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
11:00 BODY SCULPTING	10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES	10:00 ZUMBA 1:30 BADMINTON	11:30 CHAIR YOGA	10:30 BODY SCULPTING 2:15 NOW & ZEN
<b>30</b>	<b>31</b>			<b>ALL PENN MED PROGRAMS ARE INDEPENDENTLY SCHEDULED. TO REGISTER FOR THESE PROGRAMS PLEASE CALL 888.897.8979</b>
<b>SENIOR CENTER CLOSED</b> 	10 :00 BOLLYX 12:30 SWEATIN TO THE OLDIES			