

# May Wellness 2023

\*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL	<b>2</b> 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	<b>3</b> 10:30 BODY SCULPTING 1:30 PICKLEBALL	<b>4</b> 11:30 CHAIR YOGA 1:30 PICKLEBALL	<b>5</b> 10:00 ZUMBA 11:00 Open Play PICKLEBALL <b>12:30 – 2:00 Pickleball</b> <b>Supervised Play sign up in office</b> 2:00 Open Play PICKLEBALL
<b>8</b> 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL	<b>9</b> 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	<b>10</b> 10:30 BODY SCULPTING 1:30 PICKLEBALL	<b>11</b> 11:30 CHAIR YOGA 1:30 PICKLEBALL	<b>12</b> 10:00 ZUMBA 11:00 Open Play PICKLEBALL <b>12:30 – 2:00 Pickleball</b> <b>Supervised Play sign up in office</b> 2:00 Open Play PICKLEBALL
<b>15</b> 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL	<b>16</b> <b>10 – 12 PENN MED BLOOD PRESSURE SCREENING</b> 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	<b>17</b> 10:30 BODY SCULPTING 1:30 PICKLEBALL	<b>18</b> 11:30 CHAIR YOGA 1:30 PICKLEBALL	<b>19</b> 10:00 ZUMBA 11:00 Open Play PICKLEBALL <b>12:30 – 2:00 Pickleball</b> <b>Supervised Play sign up in office</b> 2:00 Open Play PICKLEBALL
<b>22</b> 11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL	<b>23</b> 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	<b>24</b> 10:30 BODY SCULPTING 1:30 PICKLEBALL	<b>25</b> 11:30 CHAIR YOGA 1:30 PICKLEBALL	<b>26</b> 10:00 ZUMBA 11:00 -11:45 PICKLEBALL  <b>No supervised Pickleball today</b>
<b>29</b> <b>SENIOR CENTER CLOSED</b> 	<b>30</b> 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL	<b>31</b> 10:30 BODY SCULPTING 1:30 PICKLEBALL	<b>Tips for Allergy Season:</b> Check pollen count before going outside Avoid going out between 5am – 10am Shower after you've been outdoors Wipe down pets if they've been outside Keep your windows closed Leave your shoes at the door or outside 	