



# Forsyth Senior Center Activities May 2022



Mon	Tue	Wed	Thu	Fri
	3	4	5	6
8:30 YOGA 9:00 ARTHRITIS CLASS	9:30 CHAIR EXERCISE  WHEEL OF FORTUNE 12:30	<b>WILDCARD WEDNESDAY MOVIE DAY!!</b> 12:30 9:00 ADVANCED ARTHRITIS/YOGA CLASS	9:30 CHAIR EXERCISE  12:30 BINGO	<b>MOTHER'S DAY PARTY!</b>  8:30 YOGA 9:00 ARTHRITIS CLASS
9	10	11	12	13
8:30 YOGA 9:00 ARTHRITIS CLASS	BIRTHDAY DAY  9:30 CHAIR EXERCISE  Linda Wolff From Action 12:30	9:00 ADVANCED ARTHRITIS/YOGA CLASS  SIP (coffee or tea) PAINT SESSION 1PM	9:30 CHAIR EXERCISE  12:30 BINGO	8:30 YOGA 9:00 ARTHRITIS CLASS
16	17	18	19	20
8:30 YOGA 9:00 ARTHRITIS CLASS	TACO TUESDAY  9:30 CHAIR EXERCISE  12:30 CRAFTS	<b>WILDCARD WEDNESDAY</b>  9:00 ADVANCED ARTHRITIS/YOGA CLASS	9:30 CHAIR EXERCISE  12:30 BINGO	8:30 YOGA 9:00 ARTHRITIS CLASS
23	24	25	26	27
8:30 YOGA 9:00 ARTHRITIS CLASS	9:30 CHAIR EXERCISE  12:30 CARD SOCIAL	<b>WILDCARD WEDNESDAY:</b> "MEMORY LANE" 12:30 9:00 ADVANCED ARTHRITIS/YOGA CLASS	9:30 CHAIR EXERCISE  12:30 BINGO	8:30 YOGA 9:00 ARTHRITIS CLASS

<p>30</p> <p>8:30 YOGA 9:00 ARTHRITIS CLASS</p>	<p>31</p> <p>9:30 CHAIR EXERCISE</p>	<p>1 WILDCARD WEDNESDAY POTLUCK PICNIC NOON?</p> <p>9:00 ADVANCED ARTHRITIS/YOGA CLASS</p>	<p>2</p> <p>9:30 CHAIR EXERCISE 12:30 BINGO</p>	<p>3</p> <p>8:30 YOGA 9:00 ARTHRITIS CLASS</p>
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**HAPPY MOTHER'S DAY!**