






MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Food and Medication Safety</p>	<p>Women's Health Month</p> <p>Mental Health Awareness Month</p> <p>Asian American and Pacific Islander Heritage Month</p>	<p>Indian Heritage Month</p> <p>Jewish-American Heritage Month</p> <p>Speech and Hearing Awareness Month</p>	<p>1 Trevor's Birthday </p> <p>9a - Exercise Class 11-12p In-Shape 3:30p Men's Group 7-8p In-Shape 7-8p S.O. Swimming</p>	<p>2</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 6:30-7:30pm Music w/Gordon 7-8p In-Shape</p>	<p>3</p> <p>10-11a In-Shape 2:30-3:30p In-Shape 4-5:30p Yarn Club Napa Library 6:30p Bingo w/prizes</p>	<p>4</p> <p>10-11a In-Shape 10:30-12:30p Bowling \$8 10a-4p Spring Craft Affaire- Women's Club 10a-6p Free Comic Book Day 2:30-3:30p In-Shape [Dinner at Elm]</p>
<p>5 Cinco de Mayo</p> <p>Holocaust Remembrance Day</p> <p>Tony's Birthday </p> <p>BOCCE BALL Tournament 11-12p In-Shape Play "Anything Goes" Solano College 2:30-3:30p In-Shape [Dinner at Elm]</p>	<p>6</p> <p>9a - Exercise Class 11-12p In-Shape 3-3:45p LAPS w/Bodhi</p>	<p>7</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 4p Celebrating Cinco de Mayo. 7-8p In-Shape</p>	<p>8</p> <p>9a - Exercise Class 11-12p In-Shape 3:30p Men's Group 7-8p In-Shape 7-8p S.O. Swimming</p>	<p>9</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 7-8p In-Shape</p>	<p>10 Kyle's Birthday </p> <p>10-11a In-Shape 2:30-3:30p In-Shape 6:30p Disney Movie Night</p>	<p>11</p> <p>10-11a In-Shape 10:30-12:30p Bowling \$8 10a-4p Comic-Con 2:30-3:30p In-Shape [Dinner at Elm]</p>
<p>12 Mother's Day</p> <p>Dioselinne Birthday </p> <p>11-12p In-Shape TBA Movies 2:30-3:30p In-Shape [Dinner at Elm]</p>	<p>13</p> <p>9a - Exercise Class 11-12p In-Shape 1:30-2:30p Newsletter w/Mark</p>	<p>14</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 1:45p Making Cards- Women's Club 3:30-4:15p Safety Class w/Desmond 7-8p In-Shape</p>	<p>15 Sara W's Birthday </p> <p>Bernadette's Birthday</p> <p>9a - Exercise Class 11-12p In-Shape 3:30p Men's Group 7-8p In-Shape 7-8p S.O. Swimming</p>	<p>16</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 6:30-7:30pm Music w/Gordon 7-8p In-Shape</p>	<p>17</p> <p>10-11a In-Shape 2:30-3:30p In-Shape 4-5:30p Yarn Club Napa Library 6:30 Painting Project w/Laura</p>	<p>18 Global Accessibility Awareness Day</p> <p>Swimming and Track Tournament</p> <p>10-11a In-Shape 10:30-12:30p Bowling \$8 2:30-3:30p In-Shape [Dinner at Elm]</p>
<p>19</p> <p>11-12p In-Shape 11:30a Scandia w/Lunch 2:30-3:30p In-Shape 4:45p BBQ at Elm</p>	<p>20 Jeannie's Birthday </p> <p>9a - Exercise Class 11-12p In-Shape 6:30 Art Class w/Marita</p>	<p>21 World Day for Cultural Diversity for Dialogue and Development</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 1:30p Cooking w/Valeria 3:30-4:15p Safety Class w/Desmond 7-8p In-Shape</p>	<p>22</p> <p>9a - Exercise Class 11-12p In-Shape 3:30p Men's Group 6:15- 7p LAPS w/Brody 7-8p In-Shape 7-8p S.O. Swimming</p>	<p>23</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 6:30-7:30pm Music w/Gordon 7-8p In-Shape</p>	<p>24</p> <p>10-11a In-Shape 2:30-3:30p In-Shape 6:30p Movie Night</p>	<p>25</p> <p>10-11a In-Shape 10:30-12:30p Bowling \$8 2:30-3:30p In-Shape [Dinner at Elm]</p>
<p>26</p> <p>11-12p In-Shape 11:30a Hike at Alston Park w/ lunch 2:30-3:30p In-Shape [Dinner at Elm]</p>	<p>27 Memorial Day</p> <p>11-12p In-Shape 1:30-2:30p Newsletter w/Mark 4:45p BBQ Dinner</p> <p>Celebrating May Birthdays</p>	<p>28</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 3:30-4:15p Safety Class w/Desmond 7-8p In-Shape</p>	<p>29</p> <p>9a - Exercise Class 11-12p In-Shape 3:30p Men's Group 7-8p In-Shape 7-8p S.O. Swimming</p>	<p>30</p> <p>9a - Exercise Class 10:30a – Volunteering 11-12p In-Shape 6:30-7:30pm Music w/Gordon 7-8p In-Shape</p>	<p>31</p> <p>10-11a In-Shape 2:30-3:30p In-Shape 6:30p Karaoke Night</p>	

