



# The Thompson

Your resource to age well

## PROGRAM CALENDAR - MAY 2019

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.</b>	<b>* Indicates that sign-up/reservations are required</b>	8:30 Pickle Ball <b>9:00 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1 Diabetes Workshop*</b> <b>1:30 Monthly Art Project*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Older Americans Month Lunch*</b> 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> <b>10-11 Veggie VanGo</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg <b>1:30 Tech Tutoring*</b> 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1 Diabetes Workshop*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate <b>1:15 Cooking with George*</b> 1:30 Mah Jongg 3 Bone Builders	<b>9-2:30 Foot Clinic*</b> <b>10-12:30 CCC Office hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Mother's Day*</b> Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1-3 Advanced Directives*</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian <b>10 Spring Clean Legal Affairs*</b> 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1 Scotland House Program</b> 1:30 Mah Jongg 3 Bone Builders	<b>8:30 Board Meeting</b> 8:30 Pickle Ball <b>9-2:30 Foot Clinic*</b> <b>9:00 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate <b>1 Heart Disease Talk</b> 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b> <b>4:45 pm Depart for Post Mills Hot Air Balloon Show*</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>8:30 Newsletter Folding</b> 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1:00 Book Group</b>	<b>8:30 GRANDparentingKick Off Meeting</b> 9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg <b>1:30 Tech Tutoring*</b> <b>2 Identity Theft Program</b> 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1 Diabetes Workshop*</b> <b>5:30 pm End Game Film at Pentangle</b>	<b>Birthday Day*</b> 9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage <b>10-12 Wellness Clinic</b> 10:00 Italian Study 12 Italian Table <b>12:30-3 Foot Clinic*</b> 1 Italian Intermediate <b>1 Fiddler Adam Boyce &amp; Merv Comes</b> 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Memorial Day CLOSED</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>1 Spring Clean Legal Affairs*</b> 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1 Diabetes Workshop*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong