



# The Thompson

Your resource to age well

## PROGRAM CALENDAR - MAY 2021

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9 Rutland Shopping 1-2 Chair Yoga via Zoom <b>1:30 Art wih Finnie</b>	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9:30 Fall Prevention Tai Chi at WRJ 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom <b>4 Medicare Bootcamp</b>	<b>10:30 Virtual Garden Program</b> 10:30 am Strengthen & Stretch Zoom Class <b>1 Caregiver Support Group Zoom</b> 3 Bone Builders	10 VeggieVanGo 1-2 Chair Yoga via Zoom <b>2 Mother's Day Virtual Tea</b>	<b>9-2:30 Foot Clinic</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9:30 Fall Prevention Tai Chi at WRJ 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom <b>10 Tall Hall Project Virtual Presentation</b> 10:30 Sun 73 Forms via Zoom <b>11 Walking Group</b> 11:30 Yang 24 Forms via Zoom	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 3 Bone Builders	9 Rutland Shopping 1-2 Chair Yoga via Zoom	<b>9-2:30 Foot Clinic</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9:30 Fall Prevention Tai Chi at WRJ 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 Fall Prevention 1-2 Chair Yoga via Zoom	<b>Birthday Day</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9:30 Fall Prevention Tai Chi at WRJ 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ
<b>31</b>				
<b>CLOSED for Memorial Day</b>		<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>		