

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>El Mirage Senior Center, 14010 N. El Mirage Rd.</p>				
		<p>8:00am Breakfast 1</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Support Group with Linda</p> <p>9:00am Woodcarving</p> <p>10:00am Two Mile Walk Video</p> <p>11:30 Free Tech Help</p>	<p>8:00 Breakfast 2</p> <p>8:30am Functional Fitness Video</p> <p>9:00 Bingo with United healthcare</p> <p>10:00am Line Dancing</p> <p>11:30 Free Tech Help, see Ruby</p> <p>12:00pm Commodities</p>	<p>8:00 Breakfast 3</p> <p>8:30am Functional Fitness</p> <p>9:00am Bingo</p> <p>10:00am Two Mile Walk Video</p> <p>10:30 Card Games</p> <p>11:30 – 1pm Scrapbooking</p>
<p>6</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Nutrition Class</p> <p>10:00 United Healthcare Booth</p> <p>10:30 2-Mile Walk - Video</p> <p>11:00 Cinco de Mayo Snacks</p> <p>12:00pm Commodities</p>	<p>7</p> <p>8:00am Breakfast</p> <p>9:00am Bingo</p> <p>10:00 Two-Mile Walk Video</p> <p>10:30am Scrapbooking</p> <p>11:30 Table Games</p> <p>12:00pm Free Tech Help, See Ruby</p>	<p>8</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Support Group with Linda</p> <p>9:00am Woodcarving</p> <p>10:00am Two Mile Walk Video</p> <p>11:30 Free Tech Help</p> <p>12:00 Nutrition Class: <i>My Plate</i></p>	<p>9</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness Video</p> <p>9:00 Bingo with United healthcare</p> <p>10:00am Line Dancing</p> <p>11:30 Free Tech Help, see Ruby</p> <p>12:00pm Commodities</p>	<p>10</p> <p>Field trip to Helen Drake Senior Center</p> <p>Center Closed All Day</p>
<p>13</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Nutrition Class</p> <p>10:00 Exercise Videos</p> <p>11:00 Mother's Day Buffet Potluck</p> <p>Senior Center Closed at 11am today</p>	<p>14</p> <p>8:00am Breakfast</p> <p>9:00am Bingo</p> <p>10:00 Two-Mile Walk Video</p> <p>10:30am Scrapbooking</p> <p>11:30 Table Games</p> <p>12:00pm Free Tech Help, See Ruby</p>	<p>15</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Support Group with Linda</p> <p>9:00am Woodcarving</p> <p>10:00am Two Mile Walk Video</p> <p>11:30 Free Tech Help</p> <p>12:00 Nutrition Class: <i>Key Nutrients</i></p>	<p>16</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness Video</p> <p>9:00 Bingo with United healthcare</p> <p>10:00am Line Dancing</p> <p>11:30 Cigna Presentation - Stress</p> <p>12:00pm Commodities</p>	<p>17</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness</p> <p>9:00am Bingo</p> <p>10:00 Nutritional Presentation</p> <p>11:30am Two Mile Walk Video</p> <p>11:30 – 1pm Scrapbooking</p>
<p>20</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Nutrition Class</p> <p>10:00 Exercise Videos</p> <p>11:30 Dominoes</p> <p>12:00pm Commodities</p>	<p>21</p> <p>8:00am Breakfast</p> <p>9:00am Bingo</p> <p>10:00 Two-Mile Walk Video</p> <p>11:30 Casino Trip – Talking Stick</p> <p>Senior Center Closes at 11:30 today</p>	<p>22</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Support Group with Linda</p> <p>9:00am Woodcarving</p> <p>10:00am Two Mile Walk Video</p> <p>11:30 Free Tech Help</p> <p>12:00 Nutrition Class: <i>Food Safety</i></p>	<p>23</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness Video</p> <p>9:00 Bingo with United healthcare</p> <p>10:00am Line Dancing</p> <p>11:30 Free Tech Help, see Ruby</p> <p>12:00pm Commodities</p>	<p>24</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness</p> <p>9:00am Bingo</p> <p>10:00am Exercise Your Brain Presentation</p> <p>11:30 – 1pm Scrapbooking</p> <p>12:00 Two Mile Walk</p>
<p>27</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Nutrition Class</p> <p>10:00 Exercise Videos</p> <p>11:30 Dominoes</p> <p>12:00pm Commodities</p>	<p>28</p> <p>8:00am Breakfast</p> <p>9:00am Bingo</p> <p>10:00 Two-Mile Walk Video</p> <p>10:30am Scrapbooking</p> <p>11:30 Birt's Bistro in Surprise</p> <p>Senior Center closed at 11:30am</p>	<p>29</p> <p>8:00am Breakfast</p> <p>8:30 Functional Fitness Video</p> <p>9:00am Support Group with Linda</p> <p>9:00am Woodcarving</p> <p>10:00am Two Mile Walk Video</p> <p>11:30 Free Tech Help</p> <p>12:00 Nutrition Class: <i>Stretching the Food Dollar</i></p>	<p>30</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness Video</p> <p>9:00 Bingo with United healthcare</p> <p>10:00am Line Dancing</p> <p>11:30 Free Tech Help, see Ruby</p> <p>12:00pm Commodities</p>	<p>31</p> <p>8:00 Breakfast</p> <p>8:30am Functional Fitness</p> <p>9:00am Bingo</p> <p>10:00am Two Mile Walk Video</p> <p>10:30 Card Games</p> <p>11:30 – 1pm Scrapbooking</p>