

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>MAY</div> <div>2019</div>	<div>SENIOR</div> <div>VERSITY</div> <div>CLASSES</div> <div>ARE IN BOLD</div> <div>\$15.00 FEE APPLIES</div>		<div>1</div> <div>Oheka Castle Trip</div> <div>10:30 Leave Sandel</div> <div>10:45 Leave Rec Center</div> <div>10:30 Seniorversity Meditation #2</div> <div>2:30 Seniorversity MahJongg #3</div>	<div>2</div> <div>Center Closed</div>	<div>3</div> <div>Monte Carlo</div> <div>Center Closed</div>	<div>4</div>
<div>5</div> <div>Bermuda Cruise Departs</div> <div>Doors open @ 8am</div> <div>Bus departs @ 9:30am</div>	<div>6</div> <div>Regular Schedule</div>	<div>7</div> <div>10:00 Men's Club Business Meeting</div> <div>(Candidates to be announced)</div> <div>10:00 Seniorversity Pilates #2</div> <div>1:00 Shopping @ Trader Joe's & CVS</div> <div>2:00 Words of Wisdom</div>	<div>8</div> <div>10:30 Seniorversity Meditation #3</div> <div>2:30 Seniorversity MahJongg #4</div>	<div>9</div> <div>11:15 New Member Committee Mtg.</div> <div>12:00-2:00 Blood Pressure Screening</div> <div>& Health Assessment*</div> <div>2:30 Seniorversity Yoga #3</div>	<div>10</div> <div>12:00 Birthday Brunch \$4.00pp</div> <div>(\$5.00 charged day of event)</div>	<div>11</div>
<div>12</div> <div>Bermuda Cruise Returns</div>	<div>13</div> <div>10:30 Plants & Grounds Shopping</div> <div>& Planting</div> <div>12:30 SPA Committee Meeting</div> <div>1:30 Brain Fitness</div> <div>2:30 Sandel Circle visit to</div> <div>Atria Lynbrook</div> <div>7:00 Village Board Meeting</div>	<div>14</div> <div>10:00 Men's Club Billiards @ Atria</div> <div>Tanglewood</div> <div>10:00 Seniorversity Pilates #3</div> <div>12:30 Supper Club Committee Meeting</div> <div>1:00 Shopping @ King Kullen& CVS</div> <div>2:00 Talk it Out</div>	<div>15</div> <div>10-2 St. Francis Hospital Health Van</div> <div>10:30 Seniorversity Meditation #4</div> <div>11:00 Trip Committee Meeting</div> <div>11:00 Senior Concerns Committee</div> <div>Meeting</div> <div>2:30 Seniorversity MahJongg #5</div> <div>Men's Club trip to Carriage Museum</div>	<div>16</div> <div>11:15 Special Events Committee Mtg.</div> <div>2:30 Seniorversity Yoga #4</div>	<div>17</div> <div>A Chorus Line Trip</div> <div>10:15 Leave Sandel</div> <div>1:00 Open Game Play</div>	<div>18</div>
<div>19</div> <div>1:00-3:00 Bingo with RVC</div> <div>Youth Council \$4.00pp</div>	<div>20</div> <div>11-2 Social Work Open House</div> <div>1:45 Headlines</div>	<div>21</div> <div>10:00 Men's Club Business Meeting</div> <div>(Elections)</div> <div>10:00 Seniorversity Pilates #4</div> <div>11:00 Artist Reception for Sandel Seniors</div> <div>1:00 Shopping @ Trader Joe's & CVS</div> <div>1:00 Introduction to TaiChi</div> <div>2:00 Words of Wisdom CANCELLED</div>	<div>22</div> <div>Volunteer Luncheon at</div> <div>Temple Avodah</div> <div>12-3</div> <div>Leave Sandel @ 11:30</div> <div>Leave Rec center @ 11:30</div> <div>Center Closed for all</div> <div>Programs</div>	<div>23</div> <div>10:00 Cardio Dance CANCELLED</div> <div>2:30 Seniorversity Yoga #5</div>	<div>24</div> <div>11:00 Brunch & A Movie:</div> <div>Green Book</div> <div>\$4.00pp</div>	<div>25</div>
<div>26</div>	<div>27</div> <div>Memorial Day</div> <div>Center Closed</div>	<div>28</div> <div>10:00 Men's Club Billiards @</div> <div>Atria Tanglewood</div> <div>10:00 Seniorversity Pilates #5</div> <div>11:00 Lecture: "What to Expect When you</div> <div>Call EMS"</div> <div>1:00 Shopping @ King Kullen & CVS</div> <div>2:00 Words of Wisdom</div>	<div>29</div> <div>12:00 Intergenerational Picnic \$5.00pp</div> <div>(\$7.00 charged day of event)</div> <div>CANCELLED: Stretch & Balance,</div> <div>Meditation, Sit 'n' Dance, Line Dance</div> <div>MahJongg</div> <div>2:00 Book Club</div>	<div>30</div> <div>2:30 Seniorversity Yoga #6</div>	<div>31</div> <div>10:45 Executive Committee Meeting</div> <div>1:00 General Meeting</div> <div>2:00 Ikester to perform Classic</div> <div>Rock & Country music</div>	
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<div>Key:</div> <div>* This program is made</div> <div>possible with funding from the</div> <div>NC Dept. of Human Services</div> <div>Office for the Aging,</div> <div>the NYS Office for the Aging &</div> <div>Administration on Aging.</div>	<div>9:45 Core*</div> <div>11:00 Range of Motion*</div> <div>12:45 Center Stage Chorus</div> <div>1:00 Scrabble/Rummikub</div>	<div>9:00 Aerobics</div> <div>10:00 Pilates</div> <div>12:40 Yoga*</div> <div>1:00 Cards</div> <div>2:00 Talk It Out/Words of Wisdom</div> <div>2:00 Scrabble/Rummikub</div> <div>**To make a reservation for door-to-door</div> <div>shopping call transportation before 8AM</div> <div>\$2.00 transportation fee.</div>	<div>9:30 Stretch & Balance</div> <div>10:30 Meditation</div> <div>11:00 "The News"</div> <div>12:45 Sit 'n' Dance</div> <div>1:00 Cards & Dominoes</div> <div>1:00 Line Dance*</div>	<div>10:00 Cardio Dance</div> <div>10:30 Studio Art</div> <div>10:30 Knitting & Crocheting</div> <div>11:00 Card Making</div> <div>1:00 Sing-a-long</div> <div>1:00 MahJongg</div> <div>1:00 Cards</div> <div>1:00 Rummikub</div> <div>2:30 Yoga</div>	<div>9:45 Total Body Workout</div> <div>(Sponsored by Town of</div> <div>Hempstead)</div>	<div>Updated 4/25</div>