

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2012 Bozeman Senior Center 586-2421		9:15 Aerobics Combo 1 10:00 Creative Writing 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Cribbage 1:00 Strong Women/Men 2:00 Stetching	8:45 Strong Women 2 9:00 Silver Sneakers 9:30 Watercolor Painting 10:00 Core 10:00 Woodworkers Mtg 10:30 Aerobics Plus 12:45 Bridge 1:00 Writing Life Story 1:00 Yoga Stretch 2:00 Balance	Montana State Day, noon 10:00 Scrabble 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Pinochle 1:00 Strong Women/Men 2:00 Stretching	4 8:45 Strong Women 9:00 Silver Sneakers 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:45 Bridge	5
6 <i>Sunday Dinner</i> 1:00pm	7 8:45 Strong Women 9:00 Gentle Aerobics 9:30 Woodcarving 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:30 Duplicate Bridge 1:00 Diet Analysis 1:00 Oil Painting	8 9:15 Aerobics Combo 10:00 Creative Writing 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Cribbage 1:00 Strong Women/Men 2:00 Stetching	9 8-10 Blood Profiles 9:00 Silver Sneakers 9:30 Watercolor Painting 10:00 Core 10:30 Aerobics Plus 12:45 Bridge 1:00 Writing Life Story 1:00 Yoga Stretch 1:00 iPad class 1:00 Forgetters 2:00 Balance	10 10:00 Scrabble 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Pinochle 1:00 Strong Women/Men 2:00 Stretching	Mother's Day Dinner, noon Cinnamon Rolls, 9:30am 8:45 Strong Women 9:00 Silver Sneakers 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:45 Bridge	12 <i>Social Dance</i> 7:00-10:00
13	14 8:45 Strong Women 9:00 Gentle Aerobics 9:30 Woodcarving 10:00 Core 10:30 Book Club 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:30 Duplicate Bridge 1:00 Diet Analysis 1:00 Oil Painting Foot Clinic, by Appt	15 9:15 Aerobics Combo 10:00 Creative Writing 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Cribbage 1:00 Strong Women/Men 2:00 Stetching	16 8:45 Strong Women 9:00 Silver Sneakers 9:30 Watercolor Painting 10:00 Core 10:30 Aerobics Plus 12:45 Bridge 1:00 Writing Life Story 1:00 Yoga Stretch 2:00 Balance	Older American's Dinner, noon 17 10:00 Scrabble 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Pinochle 1:00 Strong Women/Men 2:00 Stretching	18 8:45 Strong Women 9:00 Silver Sneakers 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:45 Bridge	19
20	21 8:45 Strong Women 9:00 Gentle Aerobics 9:30 Woodcarving 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:30 Duplicate Bridge 1:00 Diet Analysis 5:30 Pancakes/Bingo Foot Clinic, by Appt	22 9:15 Aerobics Combo 10:00 Creative Writing 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Cribbage 1:00 Strong Women/Men 2:00 Stetching	Coldwater Creek, noon 23 8:45 Strong Women 9:00 Silver Sneakers 9:30 Watercolor Painting 10:00 Core 10:30 Aerobics Plus 12:45 Bridge 1:00 Writing Life Story 1:00 Yoga Stretch 2:00 Balance	24 10:00 Scrabble 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Pinochle 1:00 Strong Women/Men 2:00 Stretching 2:00 Caregiver Support	25 8:45 Strong Women 9:00 Silver Sneakers 10:00 Core 10:30 Aerobics Plus 11:30 Gentle Tai Chi 12:45 Bridge	26
27	28 Holiday Center Closed	29 9:15 Aerobics Combo 10:00 Creative Writing 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Cribbage 1:00 Strong Women/Men 2:00 Stetching	30 8:45 Strong Women 9:00 Silver Sneakers 9:30 Watercolor Painting 10:00 Core 10:30 Aerobics Plus 12:45 Bridge 1:00 Writing Life Story 1:00 Yoga Stretch 2:00 Balance	31 10:00 Scrabble 10:15 Tai Chi 11:30 Gentle Tai Chi 1:00 Bingo 1:00 Pinochle 1:00 Strong Women/Men 2:00 Stretching	10:00-2:00 2nd Hand Rose Thrift Store Legal Services by Appt (3rd Wednesday): Call to schedule Computer Instruction by Appt: Call to schedule Blood Pressure Check: Wednesday's at 12:30 www.montanaseniorcenter.org	