



MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
			1	2
			9:00 Resistance Band Class◇	9:00 Open House
			10:00 Octets Bridge	9:30 Line Dancing ◇
			11:00 Grief Support	10:00 Uno & Rummikub
			11:00 Kentucky Derby Bingo	10:00 Knitting Group
			1:00 American Mahjong (novice)	1:00 Cribbage (intermediate)
			1:00 Adult Coloring Group	
			1:00 Ballroom Basics ◇	
			2:00 Ukelele Group	
5	6	7	8	9
9:30 Spunky Spades Bridge	9:30 Weekly Blood Pressure Check	9:30 Bridge Group	9:00 Resistance Band Class◇	9:00 Open House
10:00 Men's Coffee and Conversation	10:00 Art Workshop ◇	9:00 Strength & Balance with Serina ◇	10:00 Tai Chi ◇	9:30 Line Dancing ◇
11:00 Caregiver Support Group	10:00 Mindfulness with Nancy	10:00 Walking Group	10:00 Octets Bridge	10:00 Uno & Rummikub
11:00 Cardio & Stretch with Sue ◇	10:00 Gentle Vinyasa Yoga with Leslie ◇	10:00 Craft Group	11:00 Wise Women Wondering	10:00 Knitting Group
12:30 Merry Maidens Bridge	1:00 Canasta	10:00 Crochet Lessons ◇	12:00 No Book Book Club	11:30 Mother's Day Brunch & Bloom
1:00 Cribbage (beginner)	1:00 French Club	10:00 Yoga for Older Adults – Session 1	1:00 American Mahjong (novice)	12:00 Men's Lunch Bunch @ Mike's All Day Breakfast
1:00 Hand & Foot		11:00 Yoga for Older Adults – Session 2	1:00 Adult Coloring Group	1:00 Cribbage (intermediate)
		1:00 American Mahjong (intermediate)	1:00 Ballroom Basics ◇	
		1:00 Cribbage (intermediate)	2:00 Ukelele Group	
12	13	14	15	16
9:30 Spunky Spades Bridge	9:30 Weekly Blood Pressure Check	9:30 Bridge Group	9:00 Resistance Band Class◇	9:00 Open House
10:00 Men's Coffee and Conversation	10:00 Art Workshop ◇	9:00 Strength & Balance with Serina ◇	10:00 Octets Bridge	9:30 Line Dancing ◇
10:00 Medicare 101	10:00 Mindfulness with Nancy	10:00 Walking Group	10:00 Tai Chi ◇	10:00 Uno & Rummikub
11:00 Caregiver Support Group	10:00 Gentle Vinyasa Yoga with Leslie ◇	10:00 Craft Group	10:00 Kennebunk Beach Realty Presentation	10:00 Knitting Group
11:00 Cardio & Stretch with Sue ◇	12:00 Tech Class	10:00 Crochet Lessons ◇	11:00 Grief Support	1:00 Cribbage (intermediate)
12:30 Merry Maidens Bridge	12:00 Volunteer Lunch & Learn	10:00 Yoga for Older Adults – Session 1	12:00 Summer Car Tips with Patriot Subaru	1:00 Poetry Reading
1:00 Cribbage (beginner)	1:00 Canasta	11:00 Yoga for Older Adults – Session 2	1:00 American Mahjong (novice)	2:00 Parkinson's Support
1:00 Hand & Foot	2:00 Chair Volleyball	12:00 Monthly Luncheon @ Mekhong Thai	1:00 Adult Coloring Group	
		1:00 American Mahjong (intermediate)	1:00 Ballroom Basics ◇	
		1:00 Cribbage (intermediate)	2:00 Ukelele Group	



MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
19 9:30 Spunky Spades Bridge 9:30 Caption Call Presentation 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 11:00 Cardio & Stretch with Sue ◇ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	20 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 SMAA Community Cafe 1:00 A Place to Start Presentation 1:00 Canasta 1:00 French Club	21 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	22 9:00 Resistance Band Class◇ 10:00 Tai Chi ◇ 10:00 Octets Bridge 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Ballroom Basics ◇ 2:00 Ukelele Group	23 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Beach Bocce @ Gooch's Beach
26 CLOSED FOR MEMORIAL DAY	27 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 Tech Class 1:00 Canasta 2:00 Chair Volleyball	28 9:30 Bridge Group 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club 8AM-7PM Boston Walking Food Tour	29 9:00 Resistance Band Class◇ 9:00 Keep it Legal 10:00 Tai Chi ◇ 10:00 Octets Bridge 11:30 Bridget's Lunch Bunch @ Cape Pier Chowder House 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Ballroom Basics ◇ 1:00 Book Talk – Crystal Cole 2:00 Ukelele Group	30 9:00 Open House 9:30 Line Dancing ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate)

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser