

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
		1 9:00 Tech Support 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	2 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 6:00 Cards and Camaraderie	3 9:00 Open House 9:30 Open Bridge 10:00 Knitting Group 1:00 Cribbage (intermediate)
6 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	7 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:30 Kennebunk Savings Bank Senior Scams Presentation 11:30 Intro to Mindfulness ◇ 1:00 French Club 1:00 Canasta	8 9:00 Tech Support 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	9 10:00 Octets Bridge 10:00 Author Talk with Steve Hrchovcik & Norene Freeman 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 6:00 Cards and Camaraderie	10 9:00 Open House 9:30 Open Bridge 10:00 Knitting Group 11:00 Mimosas and Muffins for Mom 1:00 Cribbage (intermediate) Panera Bread 4-8PM
13 9:30 Spunky Spades Bridge 9:30 Keep it Legal with Sarah Neault, Esq. 10:30 Revitalize Your Closet with Joan 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	14 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:30 Intro to Mindfulness ◇ 12:00 Canasta Lessons 1:00 Flower Arranging ◇ 1:00 Canasta	15 9:00 Tech Support 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 12:00 Bridget's Lunch Bunch @ Huntington Common 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	16 10:00 Octets Bridge 10:00 Bird Watching @ KPT Trust 11:00 Grief Support Group 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 3:00 World Travels with Dewey 6:00 Cards and Camaraderie	17 9:00 Open House 9:30 Open Bridge 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00 Parkinson's Support Group 5:00 Jessica's Graduation Watch Party



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20 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Medicare 101 with My Insurance Solutions 1:30 Hand & Foot	21 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:30 Intro to Mindfulness ◇ 1:00 French Club 1:00 Canasta 1:00 KPT Historical Society Tour of Nott House ◇	22 9:00 Tech Support 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 11:00 Wellness Workshop with Annie Watts 11:30 Monthly Luncheon @ MeKong Thai ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	23 10:00 Octets Bridge 11:00 Grief Support Group 11:00 Danny Gallant Taxes and Retirement Workshop 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Writing Workshop 2:00 Ukelele Group 6:00 Cards and Camaraderie	24 9:00 Open House 9:30 Open Bridge 10:00 Knitting Group 10:00 Spoons and Nerts with Helping Hand Movers 1:00 Cribbage (intermediate) 1:00 COR Health Chair Exercises
27 <div style="text-align: center; color: red; font-size: 2em; font-weight: bold;"> Closed for Memorial Day </div>	28 9:30 Monthly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ◇ 11:30 Intro to Mindfulness ◇ 1:00 Canasta 1:00 Trivia & Treats	29 9:00 Tech Support 9:00 Bridge Group 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club 2:00 Seacoast PT Presentation	30 10:00 Octets Bridge 10:00 Brunch Bingo 11:00 Grief Support Group 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 6:00 Cards and Camaraderie	31 9:00 Open House 9:30 Open Bridge 10:00 Knitting Group 1:00 Cribbage (intermediate)

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser