



MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
				1 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 1:00 Cribbage (intermediate)
4 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	5 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Mindfulness with Nancy 12:00 Cinco de Mayo Lunch & Learn with Huntington Commons 1:00 Canasta 1:00 French Club 2:00 Guess Who's Coming for Coffee & Cookies	6 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 11:00 Walking Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	7 9:00 Cardio and Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 11:30 Bridget's Lunch Bunch @ Cape Pier Chowder House 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	8 9:00 Open House 9:00 Mat Pilates ◊ 10:00 Knitting Group 11:00 Succulent Planting Workshop ◊ 1:00 Cribbage (intermediate)
11 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 11:30 Mother's Day Tea ◊ 1:00 Cribbage 1:00 Hand & Foot	12 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 1:00 Canasta	13 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 10:00 Balancing Blood Sugar for Energy ◊ 11:00 Walking Group – East Point Audubon Sanctuary 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	14 9:00 Cardio and Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 10:00 Foundations of Investing with Taylor Dimick 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	15 9:00 Open House 9:00 Mat Pilates ◊ 9:00 Hike at Orris Falls 10:00 Seacoast Perk with Seacoast Lions 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00 Parkinson's Support



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>10:00 Men's Coffee and Conversation</p> <p>10:30 Brunch Bunch @ Community Caring Café ◇</p> <p>11:00 Caregiver Support Group</p> <p>1:00 Cribbage</p> <p>1:00 Hand & Foot</p>	<p>19</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>12:00 SMAA Community Café ◇</p> <p>1:00 Hope Woods Presentation</p> <p>1:00 Canasta</p> <p>1:00 French Club</p>	<p>20</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>11:00 Walking Group</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p>	<p>21</p> <p>9:00 Cardio and Dance ◇</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Wise Women Wondering</p> <p>11:30 Monthly Luncheon at Mekhong Thai ◇</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukulele Group</p>	<p>22</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Men's Afternoon Movie</p>
<p>25</p> <p>CLOSED MEMORIAL DAY</p>	<p>26</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>1:00 Canasta</p> <p>1:00 Dewey's Travel Talk – San Blas Islands, Panama</p> <p>2:00 Guess Who's Coming for Coffee & Cookies</p>	<p>27</p> <p>9:00 Bridge Group</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>10:00 Strong Bones After 50 ◇</p> <p>11:00 Walking Group</p> <p>11:30 Men's Lunch Bunch @ Federal Jacks ◇</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p>28</p> <p>9:00 Cardio and Dance ◇</p> <p>9:00 Keep It Legal</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Social Club</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>1:00 Widow and Widower Social Group</p> <p>2:00 Alzheimer's Discussion Group</p> <p>2:00 Ukulele Group</p>	<p>29</p> <p>9:00 Open House</p> <p>9:00 Mat Pilates ◇</p> <p>10:00 Knitting Group</p> <p>1:00 Cribbage (intermediate)</p> <p style="text-align: center;">11a-4p Red Cross Blood Drive</p>

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser