

## GSC CALENDAR OF ACTIVITY - MAY 2008

Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9a Tai Chi II 10:15a Tai Chi I 4:30p Dinner Club 1p Open Studio 1:15p Write Life 2:30p Yoga	<b>2</b> 9a Massages 9a G-Notes 10a Exercise 1p Computer Help 1p Movie Club:	3
<b>5</b> 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 2p Poetry 3:30p Café Club 4p Well Spouse	<b>6</b> 9a Nurse 9a Tai Chi II 10a Comp Basics I 10a Walking Club 10a Matter of Balance 10:15a Tai Chi I 1p Open Studio	<b>7</b> 9a Chair Massage 10a Exercise 10:30a Depression 1p Mah Jongg 1p Watercolor 1p Drawing Group	<b>8</b> 9a Tai Chi II 10a Comp Basics I 10:15a Tai Chi I 11a Balance 1p Open Studio 1:15p Write Life 2:30p Yoga	<b>9</b> 9a G-Notes 9a Foot Care 10a Exercise 1p Comp Help 1:30p Cooking Demo	10
<b>12</b> 8:30a Pinochle 9a Harmonicats 10a Hand/Foot Treatments 10a Exercise 11a Bridge 2p Poetry 3:30p Café Club	<b>13</b> 9a Tai Chi II 9a Men's Club 10a Walking Club 10a Comp Basics II 10:15a Tai Chi I 1p Discussion Grp 1p Haircuts 1p Open Studio 1p Parkinson Carers 5:30 Aging Parnts	<b>14</b> 9a Chair Massage 10a Exercise 11 Alive & Learn 11:30 City Hope 1p Financial Plan 1p Mah Jongg 1p Watercolor 1p Drawing Group	<b>15</b> 9a Tai Chi II 10a Comp Basics II 10:15a Tai Chi I 11a Balance 1p Open Studio 1p Book Discussion 1p Legal Assistance 1:15p Write Life 2:30p Yoga	<b>16</b> 9a Massages 9a G-Notes 10a Exercise 1p Computer Help 1p Movie Club:	17  18
<b>19</b> 8:30a Pinochle 9a Harmonicats 9a Foot Care 10a Exercise 11a Bridge 2p Poetry 3:30p Café Club	<b>20</b> 8:30a Casino 9a Tai Chi II 10a Comp Basics II 10:15a Tai Chi I 10a Walking Club 1p Open Studio 1p S.A.G.E. Education Day	<b>21</b> 9a Chair Massage 10a Exercise 1p Mah Jongg 1p Watercolor 1p Drawing Group	<b>22</b> 9a Tai Chi II 9:30a 55 Alive 10a Comp Basics II 10:15a Tai Chi I 11a Balance 11:20a Shop Around 1p Open Studio 1:15p Write Life 2:30p Yoga	<b>23</b> 9a G-Notes 9a Foot Care 9:30a 55 Alive 10a Exercise 1p Computer Help	24
<b>26</b> GSC Closed for Memorial Day	<b>27</b> 9a Tai Chi II 9a Men's Club 10a Walking Club 10:15a Tai Chi I 10:30a Low Vision 1p Discussion Grp 1p Open Studio 1p S.A.G.E. Action Day	<b>28</b> 9a Chair Massage 10a Exercise 11a Alive & Learn 1p Mah Jongg 1p Watercolor 1p Drawing Group	<b>29</b> 9a Tai Chi II 10:15a Tai Chi I 11a Balance 1p Open Studio 1:15p Write Life 2:30p Yoga	<b>30</b> 9a G-Notes 10a Exercise 1p Computer Help 4:30p Spaghetti Dinner 7p Bingo	