

May 2024

GLEN ROCKIN SENIORS

**Indicates SPECIAL EVENT

Tues & Thurs. -Doors open at 10am
for coffee, tea, cookies, munchies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15 STRENGTH TRAINING WITH ROY WEISS	2 10:30 AGELESS GRACE EXERCISE 11:30 "A BRIGHTER SIDE OF LIFE" talk by NBMC		
	6 11:15 NO STRENGTH CLASS TODAY ONLY	7 10:30 AGELESS GRACE EXERCISE	8 11:15 STRENGTH TRAINING WITH ROY WEISS	9 10:30 AGELESS GRACE EXERCISE 11:30 Talk by Patti Miller GR Boro Tax Collector		
	13 11:15 STRENGTH TRAINING WITH ROY WEISS.	14 10:30 AGELESS GRACE EXERCISE 11:30 YOGA	15 11:15 STRENGTH TRAINING WITH ROY WEISS	16 10:30 AGELESS GRACE EXERCISE 11:30 Talk - "CONTAINER GARDENING"		
	20 11:15 STRENGTH TRAINING WITH ROY WEISS	21 10:30 AGELESS GRACE EXERCISE 2:00 A talk by Boyd Lowry BRAIN HEALTH SERIES	22 11:15 STRENGTH TRAINING WITH ROY WEISS	23 10:30 AGELESS GRACE 11:30 MUSIC SHOW SENTIMENTAL JOURNEY		
	27 11:15 STRENGTH TRAINING WITH ROY WEISS	28 10:30 AGELESS GRACE 11:30 YOGA 10 AM WELLNESS PROGRAM	29 11:15 STRENGTH TRAINING WITH ROY WEISS	30 10:30 AGELESS GRACE 11:30 BINGO		

