



Naples Senior Center | May 2022

Mon	Tue	Wed	Thur	Fri
2 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Trivia Hour 2:00 Hot Topic - Travel 3:00 Afternoon Stretch	3 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 1 2:30 Writing for the Fun of It! 3:00 Rat Pack Sinatra Sing Along	4 9:45 Get Fit w/ Irene (Weights & Bands) 12:15 Stretch DVD 1:00 Movie: <i>The Adam Project</i> 3:00 HUGS; Happy Ukulele Group <i>*Tech Assistance Available by Appt.</i>	5 9:45 Bone Builders 9:45 Baseball Exhibit at Baker Museum 11:00 Simple Tai Chi 12:15 Spanish II – Lesson 1 2:00 Beginner Steps to Line Dance 3:00 Line Dancing	6 9:45 Chair Yoga 10:00 Everyday Gourmet 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 In the Footsteps of Vincent Van Gogh (1-3)
9 9:45 Total Fitness w/ Grace 10:00 Container Gardening 11:00 Chair Yoga DVD 1:00 Arts & Crafts w/ Kathy 3:00 Medicare Drug Assistance w/ SHINE	10 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 2 2:30 Writing for the Fun of It! 3:00 Western Dance Party	11 9:45 Get Fit w/ Irene (Weights & Bands) 12:15 Stretch DVD 1:00 Movie: <i>The Weekend Away</i> 3:00 HUGS; Happy Ukulele Group <i>*Tech Assistance Available by Appt.</i>	12 9:45 Bone Builders 10:00 Guy Time 11:00 Simple Tai Chi 12:15 Spanish II – Lesson 2 1:00 VIP – Veterans in Paradise 3:00 Line Dancing	13 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 In the Footsteps of Vincent Van Gogh (4-6)
16 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Origami 3:00 Southern India Travelogue w/ Jim	17 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 3 2:30 Writing for the Fun of It! 3:00 Sing Along	18 9:45 Chair Exercise DVD 12:15 Stretch DVD 1:00 Movie: <i>Rescued By Ruby</i> 3:00 HUGS; Happy Ukulele Group <i>*Tech Assistance Available by Appt.</i>	19 9:45 Bone Builders 10:00 Guy Time 11:00 Simple Tai Chi 12:15 Spanish II – Lesson 3 1:00 Book Discussion 2:00 Beginner Steps to Line Dance 3:00 Line Dancing	20 9:45 Chair Yoga 10:00 Everyday Gourmet 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 In the Footsteps of Vincent Van Gogh (7-9)
23 9:45 Total Fitness w/ Grace 10:00 Container Gardening 11:00 Chair Yoga DVD 1:00 Creative Cards 3:00 Musical Monday w/ Dottie	24 9:45 Total Fitness w/ Grace 10:00 Container Gardening 11:00 Chair Yoga DVD 1:00 Creative Cards 3:00 Musical Monday w/ Dottie 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 4 2:30 Writing for the Fun of It! 3:00 50's & 60's Danc	25 9:45 Get Fit w/ Irene (Weights & Bands) 12:15 Stretch DVD 1:00 Movie: <i>Army of Thieves</i> 3:00 HUGS; Happy Ukulele Group <i>*Tech Assistance Available by Appt.</i>	26 9:45 Bone Builders 10:00 Guy Time 11:00 Simple Tai Chi 12:15 Spanish II – Lesson 4 1:00 Naples Players Readers Theater 3:00 Line Dancing	27 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 In the Footsteps of Vincent Van Gogh (10-12)
30 CLOSED in OBSERVANCE OF MEMORIAL DAY 	31 9:45 Chair Exercise DVD 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group 1:00 Artistic Expressions Zoom 1:30 Beginner Spanish - Lesson 5 2:30 Writing for the Fun of It! 3:00 Sing Along		5025 Castello Drive Naples, FL 34103 239-325-4444 https://www.naplesseniorcenter.org/senior-center/	 NAPLES SENIOR CENTER A NEW ERA FOR SENIORS