

Baker Senior Center Naples | May 2023

Mon	Tue	Wed	Thur	Fri
1 9:30 Total Fitness w/ Grace 10:00 Creative Cards 10:30 Strength & Stretch w/ Diane 11:00 Simple Tai Chi 1:00 Senior Health & Wellness Series 2:00 Chair Yoga DVD 3:00 Cuba & Its Capital City	2 10:00 Bone Builders 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group 1:00 Artistic Expressions Zoom 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along	3 9:45 Get Fit with Irene 10:45 Chair Exercise DVD 11:00 Lunch & More – featuring Sounds of Yesteryear **Lunch is Served at 12pm 1:30 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Faraway</i> 3:00 HUGS; Happy Ukulele Group	4 10:00 Bone Builders 10:00 Guy Time 11:00 Beijing 24 1:00 Origami 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing	5 9:45 Chair Yoga w/ Susan 10:00 Acrylic Art w/ Robyn 11:00 Advanced Tai Chi 11:00 Drum Circle 11:00 Mah Jongg Lessons 12:00 Garden Club 12:30-3:30 Cards & Games
8 9:30 Total Fitness w/ Grace 10:00 Empty Bowls Painting Class 10:30 Strength & Stretch w/ Diane 11:00 Simple Tai Chi 1:00 Senior Health & Wellness Series 1:30 Museum Masterpieces: The Louvre 2:00 Chair Yoga DVD 3:00 Afternoon Piano w/ Doug Williams	9 10:00 Bone Builders 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group 1:00 Artistic Expressions Zoom 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along	10 9:45 Get Fit with Irene 10:45 Chair Exercise DVD 11:00 Lunch & More – featuring Rocco **Lunch is Served at 12pm 1:30 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>True Spirit</i> 3:00 HUGS; Happy Ukulele Group	11 10:00 Bone Builders 10:00 Guy Time 11:00 Beijing 24 1:00 VIP – Veterans in Paradise 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing	12 9:45 Chair Yoga w/ Susan 10:00 Acrylic Art 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games
15 9:30 Total Fitness w/ Grace 10:00 Arts & Crafts 10:30 Strength & Stretch w/ Diane 11:00 Simple Tai Chi 1:00 Senior Health & Wellness Series 1:30 Drum Circle 2:00 Chair Yoga DVD 3:00 Indonesia Travelogue with Jim Sernovitz	16 10:00 Bone Builders 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group 1:00 Artistic Expressions Zoom 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along	17 9:45 Get Fit with Irene 10:45 Chair Exercise DVD 11:00 Lunch & More – featuring Dottie & Bruce **Lunch is Served at 12pm 1:30 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>A Man of Action</i> 3:00 HUGS; Happy Ukulele Group	18 10:00 Bone Builders 10:00 Guy Time 11:00 Beijing 24 12:00 Veterans Stretch 12:30 Book Club: <i>The Women of Copper Country</i> 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing	19 9:45 Chair Yoga w/ Susan 10:00 Acrylic Art w/ Robyn 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games
22 9:30 Total Fitness w/ Grace 10:00 Fun w/ Sock Puppets 10:30 Strength & Stretch w/ Diane 11:00 Simple Tai Chi 1:00 Animal Assisted Interactions Informational Session 2:00 Chair Yoga DVD 3:00 Afternoon Piano w/ Doug Williams	23 10:00 Bone Builders 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group 1:00 Artistic Expressions Zoom 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along	24 9:45 Get Fit with Irene 10:45 Chair Exercise DVD 11:00 Lunch & More – featuring Triple Play **Lunch is Served at 12pm 1:30 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Murder Mystery 2</i> 3:00 HUGS; Happy Ukulele Group	25 10:00 Bone Builders 10:00 Guy Time 11:00 Beijing 24 12:00 Senior Health & Wellness Series 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing	26 9:45 Chair Yoga w/ Susan 10:00 Acrylic Art 11:00 Advanced Tai Chi 12:00 Garden Club 11:00 Mah Jongg Lessons 12:30-3:30 Cards & Games 1:00 Baker Museum Trip
29 CLOSED IN OBSERVANCE 	30 10:00 Bone Builders 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group 1:00 Artistic Expressions Zoom 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along	31 9:45 Get Fit with Irene 10:45 Chair Exercise DVD 11:00 Lunch & More – featuring Dr. Jaclynn Faffer **Lunch is Served at 12pm 1:30 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Deidra & Lainey Rob a Train</i> 3:00 HUGS; Happy Ukulele Group	 Baker Senior Center Naples **Technology Assistance is Available by Appointment. Please call BSCN to Schedule	6200 Autumn Oaks Lane Naples, FL 34119 239-325-4444 https://www.naplesseniorcenter.org/senior-center/