

Mon	Tue	Wed	Thu	Fri
9:00 Strength & Stretch 1) 9:00-11:45 Open Studio for Art 10:00-12:00 SC Home Health Clinic 10:30 Diabetes Prevention Program 3:30 Alzheimer's "Getting Started Program"	8:30-2:30 Manicures 2) & Pedicures 9:00 Mix It Up 9:00-11:00 Computer Class 10:00 Portrait Art Studio 10:00-3:00 Massage Therapy 10:00 Bea's Crafts 1:00 Pinochle 1:30-3:30 Mah Jongg 3:00 Modified Yoga 5:30 Movement for Life	9:30-1:00 Reflexology 3) 1:00 Genealogy 1:00-3:00 Matter of Balance 1:15 Music Appreciation 5:30 Yoga	8:30-2:30 Manicures 4) & Pedicures 8:45 Bridge 10:00-2:00 Reiki 1:00 Refresher Bridge 1:15 Swingers 3:00 Modified Yoga 5:30 Sculpt and Tone	9:00 Cyber Seniors 5) 10:00 Knitting 1:00 Hi-Lo Jack 1:30 Bingo
9:00 Strength & Stretch 8) 9:00-11:45 Open Studio for Art 10:30 Diabetes Prevention Program 1:00 Stamp Club 1:30 Floral Arranging Class 3:30 Alzheimer's "Getting Started Program"	8:30-2:30 Manicures 9) & Pedicures 9:00 Mix It Up 9:00-11:00 Computer Class 10:00 Portrait Art Studio 10:00 Bea's Crafts 1:00 Caregivers Support 1:00 Pinochle 1:30-3:30 Mah Jongg 3:00 Modified Yoga 5:30 Movement for Life	9:00 Line Dancing 10) 9:30-1:00 Reflexology 10:00 Quilting 10:00 Tone It Up 10:45 Beginner Line Dance 1:00-3:00 Matter of Balance 1:00 Genealogy 1:15 Music Appreciation 1:30 Tai Chi 2:30 Beginner Tai Chi 5:30 Yoga 5:30 Retirement & Income Decision Program	8:30-2:30 Manicures 11) & Pedicures 8:45 Bridge 9:00 Lo Impact Aerobics 10:00-2:00 Reiki 1:00 Refresher Bridge 1:15 Swingers 3:00 Modified Yoga 5:30 Sculpt and Tone Trip: Dinner & A Cruise	8:30 Fun Fitness 12) 9:00 Cyber Seniors 10:00 Knitting 10:00-12:00 WellOne Blood Pressure Checks 10:45 Mother's Day Celebration 12:00 Mother's Day Luncheon 1:00 Hi-Lo Jack
9:00 Strength & Stretch 15) 9:00-11:45 Open Studio for Art 12:30-2:30 SC Home Health Clinic 3:30 Alzheimer's "Getting Started Program"	8:30-2:30 Manicures 16) & Pedicures 9:00 Mix It Up 9:00-11:00 Computer Class 10:00 Portrait Art Studio 10:00 Bea's Crafts 10:00-3:00 Massage Therapy 1:00 Pinochle 1:30 Friends of Beechwood Board Meeting 1:30-3:30 Mah Jongg 3:00 Modified Yoga 5:30 Movement for Life	9:00 Line Dancing 17) 9:30-1:00 Reflexology 10:00 Quilting 10:00 Tone It Up 10:45 Beginner Line Dance 1:00 Genealogy 1:00-3:00 Matter of Balance 1:30 Tai Chi 2:30 Beginner Tai Chi 5:30 Yoga 5:30 Health Insurance & Health Services Program	8:30-2:30 Manicures 18) & Pedicures 8:45 Bridge 9:00-12:00 Meet/w Veteran's Administration 10:00-2:00 Reiki 1:00 Refresher Bridge 1:15 Swingers 3:00 Modified Yoga 5:30 Sculpt and Tone 5:30 Nite Owls Bazaar Set Up	8:30 Fun Fitness @ 19) Beechwood 9:00 Cyber Seniors Friends of Beechwood Bazaar
9:00 Strength & Stretch 22) 9:00-11:45 Open Studio for Art 1:00 Stamp Club 3:30 Alzheimer's "Getting Started Program"	8:30-2:30 Mani & Pedi 23) 9:00 Mix It Up 9:00-11:00 Computer class 10:00 Bea's Crafts 10:00 Portrait Art Studio 10:00-12:00 Ask a Lawyer 10:30 INSIGHT 1:00 Pinochle 1:00 Caregivers Support 1:30 Beechwood Book Club 1:30-3:30 Mah Jongg 3:00 Modified Yoga 5:30 Movement for Life Trip: Newport Playhouse	9:00 Line Dancing 24) 9:30-1:00 Reflexology 10:00 Quilting 10:00 Tone It Up 10:45 Beginner Line Dance 1:00 Genealogy 1:00-3:00 Matter of Balance 1:30 Tai Chi 2:00 Gardening Program 2:30 Beginner Tai Chi 5:30 Yoga 6:30 VA Program	8:30-2:30 Manicures 25) & Pedicures 8:45 Bridge 9:00 Lo Impact Aerobics 10:00-2:00 Reiki 10:30 URI Pharmacy Program 1:00 Refresher Bridge 1:15 Swingers 3:00 Modified Yoga 5:30 Sculpt and Tone	8:30 Fun Fitness 26) 9:00 Cyber Seniors 10:00 Knitting 10:00-12:00 WellOne Blood Pressure Checks 1:00 Hi-Lo Jack 1:00 Jewelry Beading w/ Pamela 1:30 Bingo
Center Closed 29)	8:30-2:30 Manicures 30) & Pedicures 9:00 Mix It Up 9:00-11:00 Computer Class 10:00 Bea's Crafts 10:00 Portrait Art Studio 1:00 Pinochle 1:30-3:30 Mah Jongg 3:00 Modified Yoga 5:30 Movement for Life	9:00 Line Dancing 31) 9:30-1:00 Reflexology 10:00 Tone It Up 10:45 Beginner Line Dance 1:00 Genealogy 1:30 Tai Chi 1:30-3:00 Tools for Caregivers 2:30 Beginner Tai Chi 5:30 Yoga	<h1>MAY</h1> <h1>2017</h1>	