

Bowens

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Drop-in 9a-5p Senior Fit 10:30a-12:30p	2 Drop-in 9a-5p GOC 10a-12p Guest: Oakland Woods	3 Drop-in 9a-5p Senior Fit 10:30a-12:30p	4 Drop-in 9a-5p Movie: Monster In-law 1p Quilting 1p	5 Drop-in 9a-5p Senior Fit 10:30a-12:30p	6
7	8 Drop-in 9a-5p Senior Fit 10:30a-12:30p	9 Drop-in 9a-5p GOC 10a-12p Senior self-defense 11a	10 Drop-in 9a-5p Senior Fit 10:30a-12:30p Alzheimer's support 1p	11 Drop-in 9a-5p Quilting 1p Yoga 11a	12 Drop-in 9a-5p Senior Fit 10:30a-12:30p	13
14	15 Drop-in 9a-5p Senior Fit 10:30a-12:30p	16 Drop-in 9a-5p GOC 10a-12p Guest: Chris Northcross	17 Drop-in 9a-5p Senior Fit 10:30a-12:30p Covid Clinic 11a-2p	18 Drop-in 9a-5p Movie: Baggage Claim 1p	19 Drop-in 9a-5p Senior Fit 10:30a-12:30p	20
21	22 Drop-in 9a-5p Senior Fit 10:30a-12:30p	23 Drop-in 9a-5p GOC 10a-12p Guest: Lisa Tams LMSW	24 Drop-in 9a-5p Senior fit 10:30a-12:30p	25 Drop-in 9a-5p Quilting 1p	26 Drop-in 9a-5p Senior Fit 10:30a-12:30p Trip: DIA (RSVP)	27
28	29 Drop-in 9a-5p Senior Fit 10:30a-12:30p	30 Drop-in 9a-5p GOC 10a-12p Guest:AAA-1B	31 Drop-in 9a-5p Senior Fit 10:30a-12:30p Senior Day (all day)			