

NAME:



# May 2026 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Sewing 11a=Paint w/Silvia \$2</p>
<p>4</p> <p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Senior Ctr Mtg: <i>There for You, Kiwanis</i></p>	<p>5</p> <p>9:30a=Chair Yoga 1 9:30a=Comm Health Worker 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>6</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition <b>11a=Drum w/Debra</b> 11a=Brass Crochet <b>12p=Spring Craft~\$3</b> <b>12:30p-2p=Monitor My Health (9)</b></p>	<p>7</p> <p>9:30a=Chorus 10a=BRASS Quilting 10:30a=Ukulele 11a=Poker 11:30a=Café Lunch <b>12:30p=Wisdom Years</b></p>	<p>8</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help <b>11a=City Mission</b> 11a=Computer Class 11a=Paint w/Silvia \$2 <b>No Sewing</b></p>
<p>11</p> <p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback <b>12:30p=Red Flags of Fraud-Thomaston Sav Bk</b></p>	<p>12</p> <p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>13</p> <p><b>9a=WCAAA-Benefits</b> 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet <b>12:30p-2p=Monitor My Health (10)</b></p> <p><b>No Drumming</b></p>	<p>14</p> <p>9:30a=Chorus 10a=BRASS Quilting 10:30a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont</p>	<p>15</p> <p>9:30a=BRASS Chair Strength <b>9:30a=AARP Driver</b> 10a=Tech Help <b>10a=Wii in Bristol</b> 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Sewing</p>
<p>18</p> <p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback <b>12:30p=City Health Coach Estevan Miranda-Misinformation</b></p>	<p>19</p> <p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch <b>11:30p=Reflexology</b> 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>20</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition <b>10a=Dolce \$5 (There)</b> 11a=BRASS Crochet <b>11a=Drum w/Debra</b> <b>12:30p-2p=Monitor My Health (11)</b></p>	<p>21</p> <p>9:30a=Chorus 10a=BRASS Quilting 10:30a=Ukulele 11a=Poker 11:30a=Café Lunch <b>12:30p=Senior Dine Sign-up</b></p>	<p>22</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 <b>No Sewing</b> <b>No Vets Coffee Hour</b></p>
<p>25</p> 	<p>26</p> <p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>27</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet <b>11a=Drum w/Debra</b> <b>12p=Sound Healing</b> <b>12:30p-2p=Monitor My Health (12)</b></p>	<p>28</p> <p>9:30a=Chorus 10a=BRASS Quilting 10:30a=Ukulele 11a=Poker 11:30a=Café Lunch <b>12:30p=Jessica Dorner Nutrition-Picnic Foods</b></p>	<p>29</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Sewing 11a=Paint w/Silvia \$2 <b>11:30a=Reiki</b></p>



# May 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Café Lunch served 11:30a to 12:30p Tuesday &amp; Thursday</b></p> <p><b>All menus are subject to change</b></p>	<p><b>5</b></p> <p>Beef burgundy Bow tie pasta Cabbage w/carrots WG dinner roll Tropical fruit</p>		<p><b>7</b></p> <p><u>Mother's Day Special</u> Spinach quiche Tater tots Tossed salad w/ dressing Fruited muffin Dived peaches</p>	<p><b>Suggested Donation for Seniors \$4.00</b></p>
	<p><b>12</b></p> <p>Beef/chicken chili garlic meatballs Brown rice Green beans White bread Mixed fruit</p>		<p><b>14</b></p> <p>Split pea soup/crx Teriyaki pork loin Confetti brown rice Wheat bread Cookie Fruit juice</p>	<p><b>PLEASE NOTE Aids &amp; Guests are asked to pay \$9.73 for lunch. That is what the WSC pays New Opp for lunch</b></p>
	<p><b>19</b></p> <p>Lemon chicken Garlic red pepper penne Tossed salad/Italian dressing WG dinner roll Cookie Fruit juice</p>		<p><b>21</b></p> <p><u>Memorial Day Special</u> Cheeseburger w/bun, onions, peppers Potato salad Baked beans Apple pie Fruit juice</p>	<p><b>We are unable to use our funding to pay for lunches of individuals under the age of 60</b></p>
<p><b>CLOSED FOR MEMORIAL DAY</b></p> 	<p><b>26</b></p> <p>Beef stir fry Brown rice Broccoli Rye bread Mixed fruit</p>		<p><b>28</b></p> <p>Vegetable soup/crx Turkey primavera Penne pasta Italian bread Cookie Fruit juice</p>	
				