

MAY ACTIVITIES

At the Lemon Grove Senior Center

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors FOR EXERCISE CLASSES: Sign up with the teacher for each class</p>	<p><u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions.</p> <p><u>Aerobic Fitness</u> Class \$ 40.00 Fee per Semester</p>	<p>1</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>2</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>3</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>6</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>7</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch</p>	<p>8</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>9</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>10</p> <p>10:30 Mother's Day Party with Special Entertainment</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>13</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>14</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch 12:00 FREE MOVIE MATINEE: "Collateral Beauty"</p>	<p>15</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>16</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>17</p> <p>10:15 Celebrate May Birthdays With Music by "Sophisticats"</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>20</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>21</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>22</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>23</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>24</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>27</p> <p>HOLIDAY</p> <p>Memorial Day All East County Sites CLOSED</p>	<p>28</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>29</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>30</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>31</p> <p>11:30 Lunch 12:00 Bingo</p>