

MAY 2018 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/13 Mother's Day 5/15 New Moon 5/15 Ramadan begins at sundown 5/16 Cranberries in bloom now 5/19 Abington Garden Club Plant/Bake Sale</p>	<p><u>1</u> 9:00 Cribbage 10:00-12:00-Blood Pressure Clinic 11:30 Lunch: Chicken Chop Suey, Green Beans, Dessert, Beverage</p> <p style="text-align: center;"><i>May Day</i></p>	<p><u>2</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>3</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: TBA 4:30-5:30 Zumba (\$5)</p>	<p><u>4</u> 9:00 Cribbage 9:00 Shopping Van 10:30 Tai Chi (\$5)</p> <p>5/5 Kentucky Derby 5/6 Abington Historical Society Program (see p.4)</p>
<p><u>7</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting</p>	<p><u>8</u> 9:00 Cribbage 11:30 Lunch: Swedish Meatballs, Egg Noodles, Vegetable, Rolls, Dessert, Beverage</p>	<p><u>9</u> 9:00 FOAS Meeting 10:00 Knitting Group 10:00-12:00 Quilt Class</p>	<p><u>10</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: TBA 4:30-5:30 Zumba (\$5)</p>	<p><u>11</u> 9:00 Cribbage 9:00 Shopping Van 10:30 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p>3/12 International Migratory Bird Day</p>
<p><u>14</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting</p>	<p><u>15</u> 9:00 Cribbage 10:00-12:00-Blood Pressure Clinic 11:30 Lunch: Chicken Nuggets, Fries, Corn Bread, Salad, Dessert, Beverage 6:00 COA Meeting</p>	<p><u>16</u> 8:30-10:00-Free Community Breakfast 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>17</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: TBA 4:30-5:30 Zumba (\$5)</p>	<p><u>18</u> 9:00 Cribbage 9:00 Shopping Van 10:30 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p>5/19 Shavout begins at sundown</p>
<p><u>21</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting Town Meeting at AHS Victoria Day (Canada)</p>	<p><u>22</u> 9:00 Cribbage 11:30 Lunch: Soup, Chicken Salad, Sandwich, Chips, Dessert, Beverage</p>	<p><u>23</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>24</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: TBA 4:30-5:30 Zumba (\$5)</p>	<p><u>25</u> 9:00 Cribbage 9:00 Shopping Van 10:30 Tai Chi (\$5)</p>
<p><u>28</u></p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;">MEMORIAL DAY</p>	<p><u>29</u> 9:00 Cribbage 11:30 Lunch: Macaroni & Cheese, Ham, Vegetable, Rolls, B-Cake Beverage</p> <p style="text-align: center;"><i>Full Flower Moon</i></p>	<p><u>30</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>31</u> 9:00 Cribbage 10:00 Chair Yoga (\$5) 11:30 Lunch: TBA 4:30-5:30 Zumba (\$5)</p>	<p>Menu subject to change NOTE: On Fridays, COA offices will be closed but all regularly scheduled events will take place.</p>

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