

## May Events & Activities

**\*\*HOLIDAY HOURS – Monday, May 25, 2026 – 8 a.m. to 5 p.m.\*\***

### **Silver Sneakers Classic – Posture Renewal**

Monday | Through May 25 | 11 – 11:45 a.m.

Wednesday | Through May 27 | 11 – 11:45 a.m.

Instructor: Rotha

### **Mindful Yoga**

Tuesdays and Thursdays through May 28 | 10 – 10:45 a.m.

Instructor: Rotha

### **Chair Yoga**

Tuesdays through May 26 | 10 – 10:45 a.m.

Instructor: Rotha

### **Balanced Bodies**

Tuesdays and Thursdays through May 28 | 9 – 9:45 a.m.

Instructor: Rotha

### **Tai Chi**

Mondays and Wednesdays through May 27 | 10 – 10:45 a.m.

Instructor: Leon

### **Power Walking**

Fridays through May 29 | 9 – 9:45 a.m.

Instructor: Laura

### **Dance Fitness**

Mondays through May 25 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Silver Sneakers Classic**

Fridays through May 29 | 2 – 2:45 p.m.

Instructor: Kay Lynn Lyon

### **Activities at The Branch Connection:**

5/1 First Friday Book Club

5/4 Breakfast (June Menu – IHOP Biscuits/Gravy, Bacon, Sausage, Fruit, and Potatoes)  
5/4 & 18 Shared Moments  
5/4 & 18 Fitness Room Orientation  
5/6 & 20 Photo Club  
5/6 & 20 Veteran Salute Coffee  
5/6 & 20 Bingo  
5/9 Saturday Matinee  
5/11 & 14 How to use your iPhone and iPad  
5/11, 18 & 25 Fly Tying Group  
5/11 Metrocrest Mobile Food Bank  
5/12 Bunco Night  
5/12 Advanced Greeting Cards  
5/13 Cookin' Club  
5/15 Friday Franks  
5/18 Transfer Pictures from iPhone & Android to external drive  
5/21 Texas Hold Em  
5/21 Learn To Dance  
5/22 Trip – Holocaust Museum  
5/25 One Drive and Cloud Storage  
5/26 Trivia Game Showdown  
5/27 Garden Group  
5/27 Fire Safety Bingo

**Re-occurring Weekday Activities:**

- **Monday** – Zumba Gold, Team Chair Volleyball, Open Mah-Jongg, Thinkabilities, The Mixer, Evening Crafts, Open Art Group, Learn to Dance, and Duplicate Bridge.
- **Tuesday** – Chair Yoga, Line Dancing (Lo & Hi Beginner), Dulcimers, Zumba Gold, and Fly Casting.
- **Wednesday** – Line Dancing (Improver), Absolute Beginner Dance, Big Screen Bash, and Open Mah Jongg.
- **Thursday** – Team Chair Volleyball, and Instructional Quilting Group.
- **Friday** – Silver Sneakers Classic, Quilting Group, Neglected History, and Party Bridge.
- **Saturday** - Clogging