



MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>**Personal Training provided by The U by appointment Monday to Friday</p>	<p>**Movies are played twice a day at 1:30 and 7:30pm</p>	<p>**Car services within a 12 mile radius with reasonable notice. Please make your appointment with the Concierge</p>	<p>9:30 Cardio w/ The U 10:30 Bridge Instruction w/ Dave 11:00 Aqua Fitness w/ Amy 1:30 Strength w/ The U 2:00 Lo Vision Strategies w/ Alice 3:00 Stock Market Group 4:30 Cocktail Hour w/ Laura</p>	<p>10:30 Chair Yoga w/ The U 1:00 Tech Talk w/ Laura 1:30 Word on Word / Laura 2:00 Cardio Class w/ The U 2:30 CORE Class w/ The U 4:00 Greg Ferguson Art Show 4:30 Cocktail Hour w/ Laura</p>	<p>9:30 Strength Class w/ The U 11:30 Word Teasers w/ Laura 1:15 Tech Talk w/ Laura 1:30 Cardio Class w/ The U 2:00 Mexican Train w/ Laura 4:30 Cinco de Mayo Celebration 7:30 Lecture w/ Evan Weiner</p>	<p>11:00 20 Questions w. Laura 11:30 Tai Chi w/ Master Colon 1:00 Jacob Burns Film Ctr Trip 1:30 Fun Fitness w/ Laura 2:00 Opera w/ Joe Lawliss 3:00 Potluck Trivia w/ Laura 4:30 Cocktail Hour w/ Laura</p>
<p>11:00 Boggle w/ Deb 12:00 PBS Current Affairs Doc. 1:30 Fun Fitness w/ Deb 2:15 Rummikub w/ Deb 3:00 Chris Merwin Musical Performance 4:30 Cocktail Hour w/ Deb</p>	<p>9:30 Strength w/ The U 11:00 Aqua Fitness w/ Amy 11:00 NY Times Crosswords w/ Deb 1:00 Mah Jong Time 1:30 Cardio Class w/ The U 2:00 Word on Word w/ Deb 4:00 Community Meeting 4:30 Cocktail Hour w/ Deb</p>	<p>10:00 Learn to Play Canasta 10:30 CORE w/ THE U 1:00 Canasta Play! 2:00 Strength w/ The U 2:30 Pilates w/ The U 3:00 Studio Art w/ Deb 4:30 Happy Hour w/ Deb 7:30 Poker w/ Jerrv & Carole</p>	<p>9:30 Cardio w/ The U 10:30 Bridge Instruction w/ Dave 11:00 Aqua Fitness w/ Amy 1:30 Strength w/ The U 2:00 Scrabble w/ Laura 3:00 VNS Presentation 4:30 Cocktail Hour w/ Laura</p>	<p>10:30 Chair Yoga w/ The U 1:00 Tech Talk w/ Laura 1:30 Word on Word / Laura 2:00 Book Club w/ Maddie 2:00 Cardio Class w/ The U 2:30 CORE Class w/ The U 3:00 Life Experience w/ Alex Forger 4:30 Cocktail Hour w/ Laura</p>	<p>9:30 Strength Class w/ The U 11:30 Word Teasers w/ Laura 1:15 Tech Talk w/ Laura 1:30 Cardio Class w/ The U 2:00 Mexican Train w/ Laura 3:00 Lecture w/ Prof. D.Peritz 4:30 Happy Hour w/ music by Lee Gross</p>	<p>11:00 20 Questions w. Laura 11:30 Tai Chi w/ Master Colon 1:00 Jacob Burns Film Ctr Trip 1:30 Fun Fitness w/ Laura 2:15 Mixed Games w/ Laura 3:00 Potluck Trivia w/ Laura 4:30 Cocktail Hour w/ Laura</p>
<p>11:00 Boggle w/ Deb 12:00 PBS Current Affairs Doc. 1:30 Fun Fitness w/ Deb 2:15 Rummikub w/ Deb 3:00 A Connecticut Yankee in China w/ Diane Flagello and Classical Violinists</p>	<p>9:30 Strength w/ The U 11:00 Aqua Fitness w/ Amy 11:00 NY Times Crosswords w/ Deb 1:00 Mah Jong Time 1:30 Cardio Class w/ The U 2:00 Word on Word w/ Deb 3:00 Movie Discussion w/ Director Jon Halperin</p>	<p>10:00 Learn to Play Canasta 10:30 CORE w/ THE U 1:00 Canasta Play! 2:00 Strength w/ The U 2:30 Pilates w/ The U 3:00 Studio Art w/ Deb 4:30 Happy Hour w/ Deb 7:30 Poker w/ Jerrv & Carole</p>	<p>9:30 Cardio w/ The U 10:30 Bridge Instruction w/ Dave 11:00 Aqua Fitness w/ Amy 12:00 WJC Zoom Presentation 1:30 Strength w/ The U 3:00 Stock Market Group 4:30 Cocktail Hour w Laura</p>	<p>10:30 Chair Yoga w/ The U 12:00 Apple Watch Training 1:30 Word on Word / Laura 2:00 Cardio Class w/ The U 2:30 CORE Class w/ The U 4:30 Cocktail Hour w/ Laura 7:30 Lecture w/ Evan Weiner.</p>	<p>9:30 Strength Class w/ The U 11:30 Word Teasers w/ Maddie 1:15 Tech Talk w/ Laura 1:30 Cardio Class w/ The U 2:00 Mexican Train w/ Laura 3:00 Lecture w/ Prof. D.Peritz 4:30 Happy Hour w/ music by Lee Gross</p>	<p>11:00 20 Questions w. Laura 11:30 Tai Chi w/ Master Colon 1:00 Jacob Burns Film Ctr Trip 1:30 FunFitness w/ Laura 2:00 Opera w/ Joe Lawliss 3:00 Potluck Trivia w/ Laura 4:30 Cocktail Hour w/ Laura</p>
<p>11:00 Boggle w/ Deb 12:00 PBS Current Affairs Doc. 1:30 Fun Fitness w/ Deb 2:15 Rummikub w/ Deb 3:00 Musical Duo Marcia & Rat Perform!! 4:30 Cocktail Hour w/ Deb</p>	<p>9:30 Strength w/ The U 11:00 Aqua Fitness w/ Amy 11:00 NY Times Crosswords w/ Deb 1:00 Mah Jong Time 1:30 Cardio Class w/ The U 2:30 Lecture w/ Mark Albertson 4:00 Resident Council 4:30 Cocktail Hour w/ Deb</p>	<p>10:00 Learn to Play Canasta 10:30 CORE w/ THE U 12:00 Jewelry Making w/ Suet 1:00 Canasta Play! 2:00 Strength w/ The U 2:30 Pilates w/ The U 3:00 Studio Art w/ Deb 4:30 Happy Hour w/ Deb</p>	<p>9:30 Cardio w/ The U 10:30 Bridge Instruction w/ Dave 11:00 Aqua Fitness w/ Amy 1:30 Strength w/ The U 3:00 Stock Market Group 4:30 Cocktail Hour w Laura 7:30 Lecture w/ Jess Velona, Esq.</p>	<p>10:30 Chair Yoga w/ The U 12:00 Apple iPhone Training 1:00 Tech Talk w/ Laura 1:30 Word on Word / Laura 2:00 Cardio Class w/ The U 2:30 CORE Class w/ The U 4:30 Cocktail Hour w/ Laura</p>	<p>9:30 Strength Class w/ The U 11:00 Word Teasers w/ Maddie 1:15 Tech Talk w/ Laura 1:30 Cardio Class w/ The U 2:00 Mexican Train w/ Laura 3:00 Lecture w/ Prof. D.Peritz 4:30 Happy Hour w/ music by Lee Gross</p>	<p>11:00 20 Questions w. Laura 11:30 Tai Chi w/ Master Colon 1:00 Jacob Burns Film Ctr Trip 1:30 Fun Fitness w/ Laura 2:15 Mixed Games w/ Laura 3:00 Potluck Trivia w/ Laura 4:30 Cocktail Hour w/ Laura</p>
<p>11:00 Boggle w/ Deb 12:00 PBS Current Affairs Doc. 1:30 Fun Fitness w/ Deb 2:15 Rummikub w/ Deb 3:00 Musical Performance 4:30 Cocktail Hour w/ Deb</p>	<p>9:30 Strength w/ The U 11:00 Aqua Fitness w/ Amy 11:00 NY Times Crosswords w/ Deb 1:00 Mah Jong Time 1:30 Cardio Class w/ The U 2:00 Word on Word w/ Deb 4:30 Cocktail Time w/ Deb</p>	<p>10:00 Learn to Play Canasta 10:30 CORE w/ THE U 1:00 Canasta Play! 2:00 Strength w/ The U 2:30 Pilates w/ The U 3:00 Studio Art w/ Deb 4:30 Happy Hour w/ Deb 7:30 Poker w/ Jerrv & Carole</p>	<p>9:30 Cardio w/ The U 10:30 Bridge Instruction w/ Dave 11:00 Aqua Fitness w/ Amy 1:30 Strength w/ The U2 3:00 Stock Market Groupy 4:30 Cocktail Hour w Laura 7:30 Opera w/ Joe Lawliss</p>	<p>10:30 Chair Yoga w/ The U 1:00 Tech Talk w/ Laura 1:30 Word on Word / Laura 2:00 Cardio Class w/ The U 2:30 CORE Class w/ The U 3:00 One Day University 4:30 Cocktail Hour w/ Laura</p>	<p>9:30 Strength Class w/ The U 11:00 Word Teasers w/ Maddie 1:15 Tech Talk w/ Laura 1:30 Cardio Class w/ The U 2:00 Mexican Train w/ Laura 3:00 Lecture w/ Jess Velona 4:30 Happy Hour w/ music by Lee Gross</p>	<p>**Car services within a 12 mile radius with reasonable notice. Please make your appointment with the Concierge</p>