

MAY 2024 Programs & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:30 Chair Yoga w/Nancy 12:30 Bridge	11:00 Men's Coffee Group 10:30 Crafts 2:00 Fiber Guild - Paper Group	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards - 500 1:00 Tech Support
6	7	8	9	10
10:00 Bone Builders 1:00 Fiber Guild (Play Day) 1:30 Council on Aging Board Mtg 3:00-5:00 Food Shelf	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em 1:00 Tech Support 3:00 Fiber Guild	10:30 Chair Yoga w/Nancy 12:30 Bridge	10:30 Crafts 11:00 Men's Coffee Group 2:00 Fiber Guild -Paper Group	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards - 500 1:00 No Tech Support today
13	14	15	16	17
10:00 Bone Builders 12:30 Lower Your Carbs & Sugar 1:00 Fiber Guild Paper Group 3:00-5:00 Food Shelf	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 11:00 Paperwork Support Services w/Donna Lunke 12:30 Texas Hold Em 1:00 Tech Support 3:00 Fiber Guild 4:30 Ruby's Pantry	10:30 Chair Yoga w/Nancy 12:30 Bridge 1:00 Quilting Group 1:30 Memoir Writing	10:00 Cribbage 1:00 Men's Coffee Group 10:30 Crafts 1:00 Care Partners Memory Café"	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
20	21	22	23	24
10:00 Bone Builders 12:30 Lower Your Carbs & Sugar 3:00 Fiber Guild Paper Group 3:00-5:00 Food Shelf	7:40 Bus to Duluth 8:30 Footcare Clinic 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em' 1:00 Tech Support 1:00 Medicare Presentation	10:30 Chair Yoga w/Nancy 12:30 Bridge 12:00 Knitting Group	10:00 Cribbage 11:00 Men's Coffee Group 10:30 Crafts 12:00 Fiber Guild 6:30 Death Café'	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards 500 1:00 Tech Support
27	28	29	30	31
10:00 Bone Builders 12:30 Lower Your Carbs & Sugar 3:00-5:00 Food Shelf	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em' 1:00 Tech Support	10:30 Chair Yoga w/Nancy 12:30 Bridge 1:30 Food Distribution Community Center 2:00 Knitting Group	10:00 Cribbage 11:00 Men's Coffee Group 10:30 Crafts	