

Key: **L** = Live at W&W; **V** = Virtual; **C** = Call

# May 2021

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> LVC   Gesture into Print-Making Maps • 1:00 pm
<b>3</b> LVC   Meditation • 9:30 am LVC   Garden Club • 10:00 am LVC   Chair Yoga • 11:00 am LVC   A Deeper Look • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Living Well with Diabetes • 2:00 pm	<b>4</b> LVC   Personal Fitness Training • 9:00 am LVC   Walk Club • 9:30 am LVC   Beginner Line Dance • 11:00 am LVC   Core on the Floor • 12:00 pm LVC   Yoga for Bone Health • 2:00 pm LVC   Artist Trading Cards • 3:00 pm	<b>5</b> LVC   Bmore Fit • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Art in Action Series 4 • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Orientation • 2:00 pm	<b>6</b> LVC   Creative Studios • 10:00 am LVC   Fraud & Scams • 11:00 am LVC   Personal Fitness Training • 1:00 pm LVC   Painting as Exploration • 1:30 pm LVC   Coffee Chat • 2:00 pm LVC   Diabetes Prevention Program • 3:00 pm	<b>7</b> LVC   Puppet Making • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Health Topics Jeopardy • 11:00 am LVC   Open Studio • 1:30 pm	<b>8</b> LVC   Gesture into Print-Making Maps • 1:00 pm
<b>10</b> LVC   Meditation • 9:30 am LVC   Garden Club • 10:00 am LVC   Chair Yoga • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Researching Your Family History • 2:00 pm LVC   Living Well with Diabetes • 2:00 pm	<b>11</b> LVC   Personal Fitness Training • 9:00 am LVC   Walk Club • 9:30 am LVC   Beginner Line Dance • 11:00 am LVC   Core on the Floor • 12:00 pm LVC   Yoga for Bone Health • 2:00 pm LVC   Artist Trading Cards • 3:00 pm LVC   Powerful Tools for Care Partners • 5:00 pm	<b>12</b> LVC   Bmore Fit • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Art in Action Series 4 • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Creativity Challenge • 2:00 pm	<b>13</b> LVC   Balance & Easy Movement • 10:00 am LVC   Creative Studios • 10:00 am LVC   QiGong • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Painting as Exploration • 1:30 pm LVC   Diabetes Prevention Program • 3:00 pm	<b>14</b> LVC   AgeStrong • 10:00 am LVC   Puppet Making • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Open Studio • 1:30 pm LVC   Guided Imagery • 2:00 pm	<b>15</b> LVC   Gesture into Print-Making Maps • 1:00 pm
<b>17</b> LVC   Meditation • 9:30 am LVC   Garden Club • 10:00 am LVC   Chair Yoga • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Living Well with Diabetes • 2:00 pm	<b>18</b> LVC   Personal Fitness Training • 9:00 am LVC   Walk Club • 9:30 am LVC   Beginner Line Dance • 11:00 am LVC   Core on the Floor • 12:00 pm LVC   Service Coordination • 1:00 pm LVC   Yoga for Bone Health • 2:00 pm LVC   Artist Trading Cards • 3:00 pm LVC   Powerful Tools for Care Partners • 5:00 pm	<b>19</b> LVC   Bmore Fit • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Art in Action Series 4 • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Your Best Life • 2:00 pm	<b>20</b> LVC   Balance & Easy Movement • 10:00 am LVC   Maryland Big Read – “Lab Girl” • 11:00 am LVC   QiGong • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Sleep As A Foundation of Health • 1:00 pm LVC   Understanding Relationships & Elder Abuse • 2:00 pm LVC   Diabetes Prevention Program • 3:00 pm	<b>21</b> LVC   AgeStrong • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Guided Imagery • 11:00 am LVC   Brain Blast Challenge • 1:30 pm	<b>22</b> LVC   Gesture into Print-Making Maps • 1:00 pm
<b>24</b> LVC   Meditation • 9:30 am LVC   Garden Club • 10:00 am LVC   Chair Yoga • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   What Do You Know About Maryland? • 2:00 pm	<b>25</b> LVC   Health Fair • 10:00 am LVC   Powerful Tools for Care Partners • 5:00 pm	<b>26</b> LVC   Bmore Fit • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Art in Action Series 4 • 11:00 am LVC   Tai JiQuan • 1:00 pm LVC   Joy Wellness Nutrition Demo • 1:00 pm LVC   Art Right Now • 4:00 pm	<b>27</b> LVC   Balance & Easy Movement • 10:00 am LVC   Your Best Life • 11:00 am LVC   QiGong • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Fire Painting • 2:00 pm LVC   Diabetes Prevention Program • 3:00 pm	<b>28</b> LVC   AgeStrong • 10:00 am LVC   Walk with Ease • 10:30 am LVC   Bingo • 1:00 pm	<b>29</b> LVC   Gesture into Print-Making Maps • 1:00 pm