

May 2017



1
MONDAY
Strength & Flex 8:30
Sarah Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

2
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

3
WEDNESDAY
Boot Camp 8:30am
Sarah Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Craft Club 1-2 pm
Woodcarving 6:00 pm

4
THURSDAY
SilverSneakers
Classic 10:00
Pickleball 10:00-12:00
LifeStream Lunch
11:30
Card Club 1:00-3:30

5
FRIDAY
Senior Fit Mix 8:30
Ping pong 9 -12 pm
Pickleball 9-12 pm
Eme's Class 10-10:45

8
MONDAY
Strength & Flex 8:30
Sarah Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

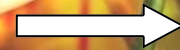
9
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

10
WEDNESDAY
Boot Camp 8:30am
Sarah Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Woodcarving 6:00 pm

11
THURSDAY
SilverSneakers
Classic 10:00
Pickleball 10:00-12:00
LifeStream Lunch
11:30

12
FRIDAY
Senior Fit Mix 8:30
Ping pong 9 -12 pm
Pickleball 9-12 pm
Eme's Class 10-10:45

May 15th-31st on the back



15

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

16

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch
11:30

17

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Craft Club 1-2pm
Woodcarving 6:00 pm

18

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 10:00-12:00
Card Club 1:00-3:30
LifeStream Lunch
11:30

19

FRIDAY

Senior Fit Mix 8:30
Ping pong 9 -12 pm
Pickleball 9-12 pm
Eme's Class 10-10:45

22

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

23

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch
11:30

24

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
JCH Speaker 1-2pm
Woodcarving 6:00 pm

25

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 10:00-12:00
LifeStream Lunch
11:30
Board Game Club
1:00-3:00

26

FRIDAY

Senior Fit Mix 8:30
Ping pong 9 -12 pm
Pickleball 9-12 pm
Eme's Class 10-10:45

29

MONDAY

Happy Memorial
Day
JCC CLOSED

30

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch
11:30

31

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Woodcarving 6:00 pm

FREE TO ANYONE OVER 55



THE
PORTLAND
FOUNDATION



Jay Community
Center