










MONONA SENIOR CENTER CALENDAR • MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Quilters <i>11:00 Tai Chi at the Lake</i> 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge 	2 <i>9:30 Target</i> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	3 10:00 Zoo to You! <i>10:00 Memory Café</i> 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment	4 8:45 Sr. Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch <i>1:00 Mah Jongg</i>	5 9:00 Cribbage 9:00 Foot Clinic 12:00 Nutrition Site 12:30 Sheepshead 1:15 Movie 
8 8:30 Quilters 8:40 Diab. Foot Clinic <i>11:00 Tai Chi at the Lake</i> 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe	9 9:00 Foot Clinic <i>9:30 Woodman's</i> 10:00 Chair Yoga 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	10 10:00 Veterans Group 11:00 Chat with the Chiefs 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment 	11 8:45 Sr. Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub <i>1:00 Mah Jongg</i> 1:00 Stamp Camp	12 9:00 Cribbage 9:30 Scholarly Scoop 10:00 Learn to Play Sheepshead 12:00 Nutrition Site 11:30 NewBridge Case Manager 12:30 Sheepshead 1:15 Movie
15 8:30 Quilters 11:00 Tai Chi Zoom 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe 	16 10:00 Chorus 10:00 Chair Yoga 11:00 Dementia Caregivers Group 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	17 12:00 Canasta 12:45 Euchre <i>10:00 Knit & Stitch</i> 1:30 Bird & Nature Adventures 1:00 Brain Enrichment 	18 8:45 Sr. Shape-up 9:00 Reflexology 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Stamp Camp <i>1:00 Mah Jongg</i> 4:00 Friends Board	19 8:00 Chair Massage 9:00 ROMEO 9:00 Cribbage 12:00 Nutrition Site 12:30 Sheepshead
22 8:30 Quilters 8:45 Diab. Foot Clinic 11:00 Tai Chi Zoom 12:00 Adult Coloring 12:30 Bridge	23 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	24 10:00 H&W Series: Speech Therapy 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment	25 8:45 Sr. Shape-up 9:00 Foot Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub <i>1:00 Mah Jongg</i> 1:00 Desk Volunteer Meeting	26 9:00 Foot Clinic 9:00 Cribbage 11:00 Low Vision 12:00 Nutrition Site 12:30 Sheepshead
29  MEMORIAL DAY Closed for Memorial Day	30 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	31 11:30 Brat Fest 12:00 Canasta 12:45 Euchre 		

→ *Italics denotes offsite event* **Green - Virtual programs**