

Senior Activity Calendar

May 2026

For help with resources, call Katie T. at 303-335-4919

For other senior questions, call Katie B. at 303-335-4914

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 1 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	2 10 Meditation 10 Tai Chi 3-Saturday 11 Soul Massage available 11:30 Tai Chi 2-Saturday
4 9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club 3 Tai Chi 1-Monday 4 Introduction to Tai Chi	5 9 Massage with Erica 9 Tech Guru, Drop in Technology Help 11:15 Zumba Gold Chair® 1 American Mah Jongg 1 Write Your Life Story 1:15 Tap Dancing	6 9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12 Lunchtime Resource Talk: AAA Colorado 12:45 Scrabble 1 Intermediate and Advanced Line Dance 1:15 Open Game Day 3 Tai Chi 2-Wednesday 4 Tai Chi 1-Wednesday 5:15 Tai Chi 3-Wednesday	7 8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1 Fresh Conversations 1:15 Beginning Line Dance 1:15 Samba Card Game 2 Senior Programs Committee Meeting 2:15 Improvers Line Dance 4:45 Trip: Anything Goes at the Candlelight Dinner Theatre	8 9 Chair Massage 10 Art Club 10 Latte Friday 10 Coffee with Senior Staff 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate	9 10 Meditation 10 Tai Chi 3-Saturday 11 Soul Massage available 11:30 Tai Chi 2-Saturday 2:30 Let's Speak Italiano

<p>11</p> <p>9 Massage with Erica 9:30 American Mah Jongg for Beginners 1 AARP Smart Driver 1:15 Bridge, All Levels 1:15 Chess Club</p>	<p>12</p> <p>8:30 VNA Footcare 9 Tech Guru, Drop in Technology Help 11:15 Zumba Gold Chair® 1 American Mah Jongg 1:15 Tap Dancing</p>	<p>13</p> <p>9 Massage with Erica 9:30 American Mah Jongg for Beginners 10 Panera Giveaway 11 Oldies Sing Along 11:45 Older Americans Month Lunch 12:45 Scrabble 1 Intermediate and Advanced Line Dance 1 Boulder County Medicare Counseling 1:15 Open Game Day</p>	<p>14</p> <p>8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1 Senior Cinema: Solo Mio, 2026 PG 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance</p>	<p>15</p> <p>9 Chair Massage 11 Blood Pressure Checks 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate</p>	<p>16</p> <p>8 Bloomin' Seniors Plant Sale 10 Meditation 11 Soul Massage available 2:30 Let's Speak Italiano</p>
<p>18</p> <p>9 Massage with Erica 9:30 American Mah Jongg for Beginners 1:15 Bridge, All Levels 1:15 Chess Club</p>	<p>19</p> <p>9 Massage with Erica 9 Tech Guru, Drop in Technology Help 11:15 Zumba Gold Chair® 1 American Mah Jongg 1 Write Your Life Story 1:15 Tap Dancing</p>	<p>20</p> <p>9 Massage with Erica 9:30 American Mah Jongg for Beginners 10 Panera Giveaway 11 Oldies Sing Along 12 Trip to Colorado Rockies vs. Texas Rangers 12:45 Scrabble 1 Intermediate and Advanced Line Dance 1:15 Open Game Day</p>	<p>21</p> <p>8:30 Ukemi-The Art of Falling Safely 9 Massage with Erica 9 Loving Hands Craft Group 10 Healthcare Decision-Making Across the Spectrum of Memory Loss 11:15 Zumba Gold Chair® 11:30 Trip to Dairy Center for O Brother, Where Art Thou? 12 May Birthday Lunch-Brooks Cafe 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance</p>	<p>22</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate</p>	<p>23</p> <p>10 Meditation 11 Soul Massage available 2:30 Let's Speak Italiano</p>

<p>25</p> <p>9 Massage with Erica 1:15 Bridge, All Levels 1:15 Chess Club</p>	<p>26</p> <p>8:30 VNA Footcare 9 Massage with Erica 11:15 Zumba Gold Chair® 1 Book Club-Neither Wolf Nor Dog by Kent Nerburn 1 American Mah Jongg 1 Tax Remedies for Older Adults 1:15 Tap Dancing</p>	<p>27</p> <p>9 Massage with Erica 10 Panera Giveaway 11 Oldies Sing Along 12:45 Scrabble 1 Intermediate & Advanced Line Dance 1:15 Open Game Day</p>	<p>28</p> <p>8:30 Ukemi-The Art of Falling Safely 9 Massage 9 Loving Hands Craft Group 11:15 Zumba Gold Chair® 1:15 Beginning Line Dance 1:15 Samba Card Game 2:15 Improvers Line Dance</p>	<p>29</p> <p>9 Chair Massage 10 Art Club 10 Latte Friday 11 Singin' Seniors Choir 11 Massage with Erica 1:15 Bridge, Advanced-Intermediate Duplicate</p>	<p>30</p> <p>9 Touch a Truck Event 10 Meditation 11 Soul Massage available 2:30 Let's Speak Italiano</p>
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