

MAY 2023 – SCHEDULE OF CLASSES AND EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
55+ Open Gym Basketball 8:00-10:00am		Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm		Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Cardio Fitness 1:00-2:00pm	
7	8	9	10	11	12	13
55+ Open Gym Basketball 8:00-10:00am		Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong CANCELED		Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Cardio Fitness 1:00-2:00pm	
14	15	16	17	18	19	20
55+ Open Gym Basketball 8:00-10:00am		Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm <i>FY Luncheon 12:00, Please RSVP</i>		Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Cardio Fitness 1:00-2:00pm	
21	22	23	24	25	26	27
55+ Open Gym Basketball 8:00-10:00am		Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm		Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	Cardio Fitness 1:00-2:00pm	
28	29	30	31			
55+ Open Gym Basketball 8:00-10:00am	Memorial Day	Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm				

JUNE 2023 – SCHEDULE OF CLASSES AND EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	2 Cardio Fitness 1:00-2:00pm	3
4 55+ Open Gym Basketball 8:00-10:00am	5	6 NO CLASSES DUE TO PRIMARY ELECTIONS!	7	8 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm	9 Cardio Fitness 1:00-2:00pm	10
11 55+ Open Gym Basketball 8:00-10:00am	12	13 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	14	15 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm Summer Concert 8:00pm- Reminisce	16 Cardio Fitness 1:00-2:00pm	17
18 55+ Open Gym Basketball 8:00-10:00am	19	20 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	21	22 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm Summer Concert 8:00pm- Tequila Rose	23 Cardio Fitness Cancelled for Summer	24
25 55+ Open Gym Basketball 8:00-10:00am	26	27 Tai Chi 8:00-9:00am Cardio Fitness 9:30-10:30am Strength & Cond. 10:45-11:45am Art 12:00-1:30pm Pickle Ball 12:00-3:00pm Mahjong 1:00-3:00pm	28	29 Cardio Fitness 9:30-10:30am Yoga 10:45-11:45am Chair Yoga 12:00-12:40pm Pickle Ball 12:00-3:00pm Tai Chi 1:00-2:00pm Mahjong 1:00-3:00pm Summer Concert 8:00pm– The Wag (Beatles Tribute)	30 Cardio Fitness Cancelled for Summer	

NOTE: Westwood Recreation Summer Playground Program begins June 26th. If it is raining or over 95 degrees the camp will move into the Community Center and Forever Young programs will be cancelled. Please check your email for cancellations on rainy or hot days or call the office if you have any questions.