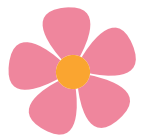




Monday

MAY 2026



Tuesday

Wednesday

Thursday

Friday

<p>PCOA Meal Program 60+ Monday-Friday 12-1 pm \$2 suggested daily donation Registration required Sign up due the Tuesday week prior</p>	<p>Events in Red require preregistration. Some programs have a fee. Please check with front desk staff</p>	<p>Ask front desk staff about virtual exercise programs including; yoga, tai-chi, & chair fitness</p> 	 <p>Billards tournament all month! Sign up at the front desk</p>	<p>1 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11 am</p>
<p>4 PCOA  8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2pm</p> 	<p>5 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Craft with Staff 10:30 am Field Trip 10:30 pm-1:30 pm Sign up for Meals for next week!</p>	<p>6 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 8 am Samba 10-12 pm Textured Painting 10:30-11:30 am Farkle 1-3 pm</p>	<p>7  Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10:30-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm</p>	<p>8 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11am Mother's Day Bingo and lunch celebration 10-11:30 am Sewing Club 12-2pm</p> 
<p>11 PCOA EnhanceFitness 8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2pm</p>	<p>12 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Painting with Carol 10:30 am Sign up for Meals for next week!</p> 	<p>13 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 8 am Samba 10-12 pm Stirring the Pot 10:30 am</p> 	<p>14 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10:30-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm Brain Games 1 pm</p> 	<p>15 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11 am</p> 
<p>18 PCOA EnhanceFitness 8:30-9:30 am Chair Strength 10-11 am Farkle 12:30-2pm</p>	<p>19  Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Sign up for Meals for next week!</p>	<p>20 PCOA  8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 8 am Samba 10-12 pm Textured Painting 10:30-11:30 am Farkle 1-3 pm Heat Loteria 1:30-2:30 pm</p>	<p>21 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm</p>	<p>22 PCOA  8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11 am Bingo 10-11:30 am Sewing Club 12-2pm</p> 
<p>25  MEMORIAL DAY Center Closed</p>	<p>26 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Gardening Club 10:30 am Bunco 12:30-2 pm Sign up for Meals for next week!</p>  	<p>27 PCOA EnhanceFitness 8:30-9:30 am Chair Volleyball 9-10 am Gardening Club 8 am Samba 10-12 pm Farkle 1-3 pm</p>	<p>28 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10:30-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm Beyond Wall Bingo 1 pm</p>	<p>29 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 9:30-12 pm Chair Strength 10-11 am</p> 