

## May 2024 at Redding's Heritage Center

Monday	Tuesday	1	Wednesday	2	Thursday	3	Friday
<p style="color: red;">Programs in red are special events or programs and don't meet weekly</p> <p>Register with Michelle, 203-938-9725 <a href="mailto:mstillman@townofreddingct.org">mstillman@townofreddingct.org</a></p>			8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group 10:00 Sketch, Paint, Create 10:45 Flex & Flow 12:00 Tai Ji Quan <b>12:15 Lunch &amp; Learn: Crypto Currency</b> 1-3 Mah Jongg 4:00 French Convo.	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge 1:00 Canasta 1:00 <b>NEW: Italian Conversation</b>	9:00 Essentrics 10:00 Moving & Grooving 11:00 Tai Ji Quan Continued		
6	7	8	9	10			
9:00 Beg. Tai Chi 10:00 Flex & Flow 10:30 AM Clay 12:00 Beg. Pickleball 11:30 Tai Ji Quan 12:45 Cont. Italian 2:00 Int. Italian 2:00 Playing w/Clay 3:00 Beg. Italian	9:00 Fitness TFY 10:00 Adv. Tai Chi 11:00 TJQ Cont. 12:30 Bridge 1-2:30 Drawing Basics 2:30 Int. Ukulele 4:00 Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group 10:00 Sketch, Paint, Create 10:45 Flex & Flow 12:00 Tai Ji Quan <b>1:00 AI: Afraid of it or Embrace it?</b> 1:00 <b>NEW: Italian Convo.</b> 1-3 Mah Jongg 4:00 French Convo.	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge 1:00 Canasta	9:00 Essentrics 10:00 Moving & Grooving 11:00 Tai Ji Quan Continued			
13	14	15	16	17			
<del>9:00 Beg. Tai Chi</del> 10:00 Flex & Flow 10:30 AM Clay <del>11:30 Tai Ji Quan</del> 12:00 Beg. Pickleball 12:45 Cont. Italian 2:00 Int. Italian 2:00 Playing w/Clay 3:00 Beg. Italian	9:00 Fitness TFY <del>10:00 Adv. Tai Chi</del> <del>11:00 TJQ Cont.</del> 12:30 Bridge 1-2:30 Drawing Basics 2:30 Int. Ukulele 4:00 Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group 10:00 Sketch, Paint, Create 10:45 Flex & Flow <b>12:00 Meditation</b> 12:00 Tai Ji Quan 1:00 Italian Convo. 1-3 Mah Jongg 4:00 French Convo.	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge 1:00 Canasta	<b>9-2 TAG SALE</b> 9:00 Essentrics 10:00 Moving & Grooving 11:00 Tai Ji Quan Continued			
20	21	22	23	24			
9:00 Beg. Tai Chi 10:00 Flex & Flow 10:30 AM Clay 11:30 Tai Ji Quan 12:00 Beg. Pickleball 12:45 Cont. Italian <b>1:30 Talking Books: The Marriage Portrait</b> 2:00 Int. Italian 2:00 Playing w/Clay 3:00 Beg. Italian	9:00 Fitness TFY 10:00 Adv. Tai Chi 11:00 TJQ Cont. 12:30 Bridge 1-2:30 Drawing Basics 2:30 Int. Ukulele 4:00 Beg. Ukulele <b>4:00 Yoga Nidra</b>	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group 10:00 Sketch, Paint, Create 10:45 Flex & Flow 12:00 Tai Ji Quan <b>12:30 Navigating Dementia (Lunch)</b> 1:00 Italian Convo. 1-3 Mah Jongg 4:00 French Convo.	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish <b>10:00 NEW: Intellectual History of China</b> 12:30 Bridge 1:00 Canasta	9:00 Essentrics 10:00 Moving & Grooving 11:00 Tai Ji Quan Continued			
27	28	29	30	31			
<i>Center closed for Memorial Day</i>	9:00 Fitness TFY 10:00 Adv. Tai Chi 11:00 TJQ Cont. 12:30 Bridge 1-2:30 Drawing Basics 2:30 Int. Ukulele 4:00 Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group 10:00 Sketch, Paint, Create 10:45 Flex & Flow 12:00 Tai Ji Quan <b>12:00 Meditation</b> 1:00 Italian Convo. 1-3 Mah Jongg 4:00 French Convo.	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish <b>10:00 Intellectual History of China</b> 12:30 Bridge 1:00 Canasta	9:00 Essentrics 10:00 Moving & Grooving 11:00 Tai Ji Quan Continued			

