

Monday		Tuesday		Wednesday		Thursday		Friday	
				May 2026				9:00 AM: Bingo - Cafe (Friendship Cafe) 9:30 AM: Sing-along Group (Great Room) 10:00 AM: Tai Chi with Russ (Mirror Room) CANCELLED 10:30 AM: Balance Movement (Fridays) (Great Room) 11:00 AM: Tech Assistance with Andy (Bistro) 12:30 PM: Mexican Train- Beginner (Room C) 1:00 PM: Live Music & Dancing (Great Room) 1:00 PM: Duplicate Bridge Club (Friendship Cafe) 1:00 PM: Euchre (Room B) 1:00 PM: Relax with Mindfulness (Mirror Room) 2:00 PM: Current Events Group (Mirror Room) 3:15 PM: Pickleball - Open Play (Great Room) 3:30 PM: Billiards Tournament Play (Billiard Tables)	
9:00 AM: Balance Movement (Great Room) 10:00 AM: STR-E-T-CH (Great Room) CANCELLED 10:00 AM: Zumba (Mirror Room) 10:00 AM: Card Making for a Cause (Room C) 10:00 AM: Painting with Retsy (Art Room) 10:00 AM: Dominoes- Beginner (Great Room) 10:45 AM: Mindfulness & Meditation (Room A) 11:00 AM: Line Dance Class (Great Room) 11:00 AM: Bone Builder with Ana (Mirror Room) 12:00 PM: Duplicate Bridge (Room B & RoomA) 1:00 PM: Beginner Canasta (Friendship Cafe) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: Tap Class with Mike (Great Room)		9:00 AM: Bingo - Cafe (Friendship Cafe) 10:00 AM: AOA Fitness (Great Room) 10:00 AM: Line Art Class (Art Room) 10:00 AM: Pinochle (Room B) 11:00 AM: Drums of Unity (Great Room) 11:00 AM: Tech Assistance with Andy (Bistro) 1:00 PM: Beginner Blackjack (Friendship Cafe) 1:00 PM: Mexican Train Dominoes (Room C) 1:00 PM: Rummikub (Room C) 1:00 PM: Fiesta Mexicana Cinco De Mayo (Great Room) 1:30 PM: Aging Rebels Discussion Group (CRC Next Door) 3:15 PM: Pickleball - Open Play (Great Room)		9:00 AM: Balance Movement (Great Room) 9:00 AM: Tai Chi Advanced, 10:00 AM Intermediate, 11:00 AM Beginner (Mirror Rm) 10:00 AM: Pilates- Align the Spine (Great Room) 10:00 AM: Mosaic Art Class (Art Room) 10:00 AM: Dominoes- Beginner (Great Room) 10:30 AM: Short Story Reading Group (RoomA) 10:30 AM: Tech Assistance with Evan (Bistro) 11:00 AM: Ballroom Dance Lessons (Great Room) CANCELLED 11:00 AM: LGBTQ Grief Loss Support Group (CRC ADC Building) 12:30 PM: Latin Social Group (Mirror Room) 1:00 PM: Intermediate Canasta (Friendship Cafe) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: International Folk Dance Class (Great Room)		9:00 AM: Balance Movement (Great Room) 9:45 AM: Hearing Clinic - Hear Again America (Room A) 10:00 AM: Pinochle (Room B) 10:00 AM: Craft Club (Art Room) 10:00 AM: Step-tackular (Great Room) 12:30 PM: Friendly Bridge (Room A) 1:00 PM: Radio Play & Poetry Reading (Friendship Cafe) 1:00 PM: Mah Jongg (Room C) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: Tap Class with Mike (Great Room)		9:00 AM: Bingo - Cafe (Friendship Cafe) 9:30 AM: Sing-along Group (Great Room) 10:00 AM: Tai Chi with Russ (Mirror Room) 10:30 AM: Balance Movement (Fridays) (Great Room) 11:00 AM: Tech Assistance with Andy (Bistro) 11:00 AM: Gardening Club Plant Care Meeting (Rear Patio) 12:30 PM: Mexican Train- Beginner (Room C) 1:00 PM: Live Music & Dancing (Great Room) 1:00 PM: Duplicate Bridge Club (Friendship Cafe) 1:00 PM: Euchre (Room B) 1:00 PM: Relax with Mindfulness (Mirror Room) 2:00 PM: Current Events Group (Mirror Room) 3:15 PM: Pickleball - Open Play (Great Room) 3:30 PM: Billiards Tournament Play (Billiard Tables)	
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9:00 AM: Gardening Club- Plant Care (Butterfly Garden) 9:00 AM: Balance Movement (Great Room) 10:00 AM: STR-E-T-CH (Great Room) 10:00 AM: Zumba (Mirror Room) 10:00 AM: Card Making for a Cause (Room C) 10:00 AM: Painting with Retsy (Art Room) 10:00 AM: Dominoes- Beginner (Great Room) 11:00 AM: Line Dance Class (Great Room) 11:00 AM: Bone Builder with Ana (Mirror Room) 12:00 PM: Duplicate Bridge (Room B &Room A) 1:00 PM: Beginner Canasta (Friendship Cafe) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: Tap Class with Mike (Great Room)		9:00 AM: Bingo - Cafe (Friendship Cafe) 10:00 AM: AOA Fitness (Great Room) 10:00 AM: Line Art Class (Art Room) 10:00 AM: Pinochle (Room B) 11:00 AM: Tech Assistance with Andy (Bistro) 1:00 PM: Beginner Blackjack (Friendship Café) 1:00 PM: Mexican Train Dominoes (Room C) 1:00 PM: Rummikub (Room C) 1:00 PM: Live Music & Dancing (Great Room) 1:30 PM: Aging Rebels Discussion Group (CRC Next Door) 3:15 PM: Pickleball - Open Play (Great Room)		9:00 AM: Balance Movement (Great Room) 9:00 AM: Tai Chi Advanced, 10:00 AM Intermediate, 11:00 AM Beginner (Mirror Rm) 10:00 AM: Pilates- Align the Spine (Great Room) 10:00 AM: Mosaic Art Class (Art Room) 10:00 AM: Dominoes- Beginner (Great Room) 10:30 AM: Short Story Reading Group (RoomA) 10:30 AM: Tech Assistance with Evan (Bistro) 11:00 AM: Ballroom Dance Lessons (Great Room) 11:00 AM: LGBTQ Grief Loss Support Group (CRC ADC Building) 12:30 PM: Latin Social Group (Mirror Room) 1:00 PM: Intermediate Canasta (Friendship Cafe) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: International Folk Dance Class (Great Room)		9:00 AM: Balance Movement (Great Room) 10:00 AM: Pinochle (Room B) 10:00 AM: Health: Glucose and A1C Screening (Great Room) 10:00 AM: Craft Club (Art Room) 10:00 AM: Step-tackular (Great Room) 12:30 PM: Friendly Bridge (Room A) 1:00 PM: Radio Play & Poetry Reading (Friendship Cafe) 1:00 PM: Mah Jongg (Room C) 1:00 PM: Memorial Day Weekend Event (Great Room) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: Tap Class with Mike (Great Room)		9:00 AM: Bingo - Cafe (Friendship Cafe) 9:30 AM: Sing-along Group (Great Room) 10:00 AM: Tai Chi with Russ (Mirror Room) 10:30 AM: Balance Movement (Fridays) (Great Room) 11:00 AM: Tech Assistance with Andy (Bistro) 12:30 PM: Mexican Train- Beginner (Room C) 1:00-2:30 PM: Live Music & Dancing (Great Room) 1:00 PM: Relax with Mindfulness (Mirror Room) CENTER CLOSING AT 3:00 PM	
CLOSED TODAY MEMORIAL DAY Remember and Honor		9:00 AM: Bingo - Cafe (Friendship Cafe) 10:00 AM: AOA Fitness (Great Room) 10:00 AM: Line Art Class (Art Room) 10:00 AM: Pinochle (Room B) 11:00 AM: Tech Assistance with Andy (Bistro) 1:00 PM: Beginner Blackjack (Friendship Café) 1:00 PM: Mexican Train Dominoes (Room C) 1:00 PM: Rummikub (Room C) 1:00 PM: Live Music & Dancing (Great Room) 1:30 PM: Aging Rebels Discussion Group (CRC Next Door) 3:15 PM: Pickleball - Open Play (Great Room)		9:00 AM: Balance Movement (Great Room) 9:00 AM: Tai Chi Advanced, 10:00 AM Intermediate, 11:00 AM Beginner (Mirror Rm) 10:00 AM: Pilates- Align the Spine (Great Room) 10:00 AM: Mosaic Art Class (Art Room) 10:00 AM: Dominoes- Beginner (Great Room) 10:30 AM: Short Story Reading Group (RoomA) 10:30 AM: Tech Assistance with Evan (Bistro) 11:00 AM: Ballroom Dance Lessons (Great Room) 11:00 AM: LGBTQ Grief Loss Support Group (CRC ADC Building) 12:30 PM: Latin Social Group (Mirror Room) 1:00 PM: Intermediate Canasta (Friendship Cafe) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: International Folk Dance Class (Great Room)		9:00 AM: Balance Movement (Great Room) 10:00 AM: Pinochle (Room B) 10:00 AM: Craft Club (Art Room) 10:00 AM: Step-tackular (Great Room) 12:30 PM: Friendly Bridge (Room A) 1:00 PM: Radio Play & Poetry Reading (Friendship Cafe) 1:00 PM: Mah Jongg (Room C) 1:00 PM: Live Music & Dancing (Great Room) 3:30 PM: Tap Class with Mike (Great Room)		9:00 AM: Bingo - Cafe (Friendship Cafe) 9:30 AM: Sing-along Group (Great Room) 10:00 AM: Tai Chi with Russ (Mirror Room) 10:30 AM: Balance Movement (Fridays) (Great Room) 11:00 AM: Tech Assistance with Andy (Bistro) 12:30 PM: Mexican Train- Beginner (Room C) 1:00 PM: Live Music & Dancing (Great Room) 1:00 PM: Duplicate Bridge Club (Friendship Cafe) 1:00 PM: Euchre (Room B) 1:00 PM: Relax with Mindfulness (Mirror Room) 2:00 PM: Current Events Group (Mirror Room) 3:15 PM: Pickleball - Open Play (Great Room) 3:30 PM: Billiards Tournament Play (Billiard Tables)	



MAY SPECIAL EVENTS

Senior Friendship Centers hosts monthly special events, that are open to the public. For event details and registration links for the events listed below, scan the QR code to the right **or** go to friendshipcenters.org and click on Special Events for a full listing each month.



MAY 7

Joyful Journeys Author Series - Adapting Mahjong and Murder: A Catskill Mystery Into a Screenplay

5:00 pm - 6:30 pm In the Activity Center This event is free and open to the public, however, registration is required. This free series celebrates the art of storytelling and highlights local authors. Each month, the event features a different author sharing unique insights, captivating stories, and personal experiences. In this session, author Join Lynne Bernfield, MA, MFT, as she talks about adapting her book, *Mahjongg and Murder: A Catskill Mystery*, to a Screenplay!

MAY 12

Caring for Yourself - Wellness Panel Discussion

9:00 am - 10:00 am In the Friendship Cafeter This event is free and open to the public, however, registration is required.

Treating chronic pain often falls short, as it changes the way you move, think, feel, and live. Attend this session for an eye-opening conversation with a chiropractor, acupuncturist, and massage therapist on how unresolved pain creates a domino effect that ripples through your body, emotions, and overall well-being. Featuring: Dr. Cynthia Clark, Acupuncture Physician, Butch Phelps, Neuromuscular Therapist, and Dr. Alexander Telfair, Doctor of Chiropractic.

MAY 25

The Sarsota Activity Center will be closed in observation of Memorial Day.

MAY IS NATIONAL OLDER AMERICANS MONTH!
Follow us on Facebook as we share tips, info, and inspiration on how to Champion Your Health

