





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	<b>1</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:00 Cinco de Mayo 11:30a Nutrition 2:00p Bingo	<b>2</b> 9:30a T'ai Chi 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	<b>3</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition		<b>5</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	<b>6</b>
<b>7</b>	<b>8</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:00 Cinco de Mayo 11:30a Nutrition 1:00p Bingo Fun Day	<b>9</b> 9:30a T'ai Chi 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	<b>10</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition	<b>11</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30 Bingo 3-4:30p Line Dancing	<b>12</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	<b>13</b>
<b>14</b>	<b>15</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Bingo	<b>16</b> 9:30a T'ai Chi 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	<b>17</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition	<b>18</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:00 Movie 3-4:30p Line Dancing	<b>19</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	<b>20</b> 9am - 6 pm Egg Art <i>Fairsite Classroom #18</i>
<b>21</b>	<b>22</b> 9:30a Fitness is Forever <b>11:00-1:00 Senior Resource Center Grand Opening</b> 10:45a Chair Fitness 11:30a Nutrition 1:00p Bingo-Birthday Cake	<b>23</b> 9:30a T'ai Chi 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	<b>24</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition	<b>25</b> 10:00a Commission on Aging Meeting 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30 Bingo 3-4:30p Line Dancing	<b>26</b> <b>NO FITNESS</b> 11:30a Nutrition 12:30p Games	<b>27</b>
<b>28</b>	<b>29</b> 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Birthday Cake Bingo	<b>30</b> 9:30a T'ai Chi 10:00-12:00 Senior Resource Center 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	<b>31</b> 10:00-12:00 Senior Resource Center 11:30a Nutrition			<b>29</b>

Parks & Recreation Office  
Gora Aquatic Center  
Meals on Wheels

366-7180  
744-9544  
916-444-9533

S. County Services  
Chabolla Kitchen  
Line Dancing

745-9174  
745-7332  
916-743-9658

Galt Library  
Valley Oaks Grange  
Sacto County Transit Link

745-2066  
745-1163  
745-3052

**Parks & Recreation Office**      **366-7180**  
**Aquatic Center/Monica Lopez**      **744-9544**  
**Serve Our Seniors Lunch Program**      **810-6591**

**Galt Community Concilio**      **745-9174**  
**Fitness Information**      **366-7180**  
**Line Dancing**      **745-5644**

**Galt Library**      **745-2066**  
**Valley Oaks Grange**      **745-2218**  
**Sacto County Transit Link**      **745-3052**